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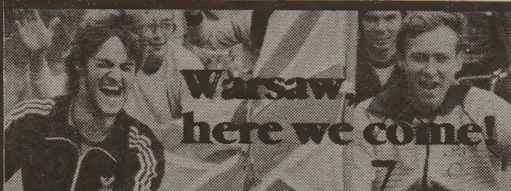
AQ11

SDP

Into the trenches
3



A better way
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Europe from a wheelchair
8-9



Vic Fowler

A powwow of chiefs in Torquay. From left, Roger Singleton of Dr Barnardo's; SDP leader, Dr David Owen; John Cox of The Spastics Society; Chris Heginbotham of MIND; Brian Rix of MENCAP.

Community Care Campaigners want action

The directors of four important voluntary organisations – Dr Barnardo's, MENCAP, MIND and The Spastics Society – are so concerned about the government's policy on care in the community as it affects adults with mental disabilities that they have got together to demand action.

The Community Care Campaigners base their arguments for improved services and more funds on the report of the Social Services Select Committee published in

January.

The directors launched their campaign at the SDP conference in Torquay last month.

They held a breakfast meeting which was attended by Dr David Owen MP, SDP leader, Shirley Williams, SDP President, Charles Kennedy MP, SDP spokesman on health and social services, and others.

Each director took a theme: John Cox (The Spastics Society), the concern of many older parents about what will happen to

their handicapped son or daughter when they can no longer cope; Roger Singleton (Dr Barnardo's), planning services and community involvement; Chris Heginbotham (MIND), how community care can be financed; and Brian Rix (MENCAP), changing attitudes towards people with mental disabilities.

"David Owen could not give much political cheer", reports Amanda Jordan, the Society's lobbyist. "He spoke of the stranglehold which the acute services have on health finance.

"However, the SDP has begun to develop a community care policy through its Carers' Charter, which has been welcomed on all sides, and the SDP community care policy working party is open to consultation with the 4 charities. SDP leaders will also look again at the party's manifesto."

Similar breakfast meetings will be held at the Labour and Conservative party conferences and there will be a meeting in London with the Liberals.

Charles Kennedy MP writes on page 3.

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52-week school opens

A school which aims to provide 52 weeks of education and care a year was opened last month in the grounds of Tadworth Court Hospital in Surrey.

It is for profoundly, multiply-handicapped children who have severe learning difficulties.

St Margaret's, named after a special school at Croydon which closed earlier this year, can take up to 12 children. So far there are 6, 5 from the old St Margaret's and one from Portsmouth.

They have been sponsored by their local education authorities for 39 weeks and negotiations will be going on with social services departments to fund them for the rest of the year.

Demand for this kind of school far exceeds the supply.

"If I had opened with 1000 places in August I could have filled them," said Barry Hassell, chief executive of Tadworth Court Trust, which runs the hospital and school. "Many parents cannot cope in the 6-week summer holiday. It is important that we agree with parents when individual holidays will be taken

rather than imposing a normal school year on them."

He hopes to offer full extended facilities from January 1986.

The school is in two bungalows which have been converted with the help of a £50,000 loan from The Spastics Society. One is equipped for teaching with 3 classrooms, changing areas and a quiet room for one-to-one tutoring. The other has 8 bedrooms and a living-room. Everything is fully accessible.

The school has two teachers, three therapists, and care staff.

The children will have micro-computers available to them and each child will have a personalised programme.

Margaret Micklethwaite, the teacher in charge, is also developing an inter-disciplinary approach between teachers and care staff. "Remediating activities are useless if they are based on half-an-hour a day," she said. "Only if you have continuous activity will they achieve something." A Makaton workshop has already been held.

New president for Wales

The new president of The Spastics Society in Wales is an MP with wide experience of disability and definite ideas about his role.

"I see my role very much as an interface between the Society and the functions of government on an all Wales level and on a parliamentary level too," said Dafydd Wigley, Plaid-Cymru MP for Caernarfon.

"I look forward to meeting those who run the Society in Wales to find out in what way I can be a focus for them and help to solve any problems."

He has also said that if local groups have problems, they are welcome to contact him – as, indeed, some have already.

To be president of the Society in Wales is an extension of the work Dafydd Wigley has been doing for the last 10 years.

In Wales he's been involved with several voluntary organisations, including the Wales Council for the Disabled of which he is a vice-president.

In Parliament he is a member of the All Party Disablement Group where he has worked closely with the Society on such campaigns as the abolition of VAT on voluntary organisations and anti-discrimination legislation.

One of his main concerns is community care for people with



Dafydd Wigley

mental disability, and he has fought hard to get an "all Wales" strategy implemented.

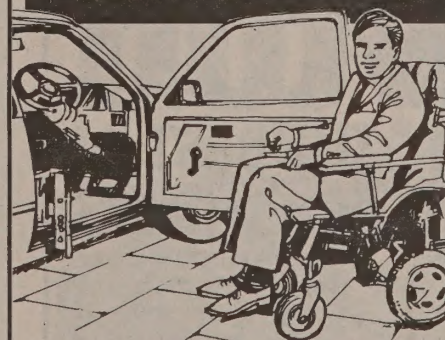
He is pleased that The Spastics Society sees its work in terms of the whole of Wales.

"I hope the Society can complete an effective local network throughout Wales and that no area will be without its local group," he said. "We must lobby for services and make them more widely known. Too often people slip through the net."

Members of the Welsh Regional Committee are delighted that Dafydd Wigley has accepted their invitation.

Wales has been without a president since Lord Parry, formerly head of the Welsh Tourist Board, resigned last November.

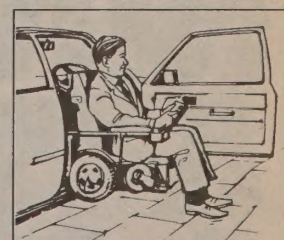
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HON TREASURER

Your chance to speak out

The Spastics Society's Annual General Meeting will be held this year on 2 November at Imperial College (Sherfield Building), London. It is accessible to wheelchairs.

All members of the Society are welcome to attend, ask questions and make a contribution.

The members of the Society include the nominated members from each of the 185 local groups and about 70 other members who are mainly the members of special committees such as Finance, Marketing or Alpha.

This is a real opportunity for the groups to be seen and heard and to influence the development of the Society.

It is here that the Report and Accounts of the Society are considered and approved.

It is here that the 15 members of the Executive Council are elected, one third coming up for election each year.

The membership, especially the groups' nominated members who are a significant majority, can influence the shape of the policy-making body by its vote. So please talk with the 16 candidates before the meeting to help you in your choice.

The Executive Council members are the directors of the Society, which is a limited company. At the AGM they can be called to account for their running of the Society and the formulation of its policies.

Undoubtedly the Executive Council members are conscientious and are sensitive to the needs and opinions of the Society's grass roots from which most of them come. Occasionally, however, there are problems or a different emphasis from the groups which can be presented or tested at the AGM and changes of policy or action result.

If you are sometimes mystified or surprised by what the Society says or does, this is your opportunity to hear an explanation from the people who are responsible for the decisions.

If you agree wholeheartedly with the way the Society is per-



Bill Huddleston

forming its role and meeting its objectives then this is your opportunity to give the support and encouragement the Executive Council and the staff both need and deserve.

The AGM also provides a splendid opportunity to share information and experience with members of other groups throughout the country. It is quite surprising how the provision of services, facilities, grants and funds vary from place to place, and rewarding conversations result from asking the questions, "How did you get that?" or "How did you achieve that?"

The formal part of the AGM takes only about one hour. After that there will be two speakers, Tony Newton, minister for social security, and Harold Sharpe, chairman of the North West Regional Consumer Group and a regular attendee at AGMs.

After the speeches, members will be able to ask questions about the Report and Accounts and Society policies. You may want to ask about the Society's income and how it is spent, how government policies are affecting the Society, what the Society intends to do about problems of concern to you or your group.

As it is rather out-facing to stand up and speak at this very large meeting - even with the help of a roving microphone - it is a good idea to prepare and write down your questions and maybe discuss them with your group or a member of the Executive Council or Society's staff beforehand.

But please be assured that your questions and comments will be given a sympathetic hearing from both the body of the hall and the "top table".

Please come and help us to run the Society the way you, the members, want it run.

Letters to the Editor

Disability Now 12 Park Crescent London W1N 4EQ

Feeling a failure

I have had nearly 100 letters and requests for my Education Act booklet following your article ("The Education Act - one mother's struggle", *Disability Now*, February 1985). Many have asked for an update on my daughter's education, so perhaps I can respond through your letters page.

I still do not really know what is going to happen to Christine. After much serious thinking after the London Borough of Havering's review of her education needs in February, I felt that, for Chris's sake and no other reason, she should return to her special school full-time.

It was made plain to me at the review that an extension of her time at the Junior Mixed Infants School would never be considered. The head and staff were certainly not ready to have a handicapped child in their school. The children, however, some of whom Chris still sees, seem to have accepted her from the start.

I still have not got over the hurt and disappointment I felt at having failed Chris. Worse, I feel the local education authority has failed both of us.

I would still like to see Chris integrated and, more importantly, educated to her capabilities. What this means I honestly do not know - maybe another special school.

I still feel the 1981 Education Act could work, and if Chris had been younger I would not have run out of time. For parents of pre-school children the openings are certainly there.

I only hope that no other parent who only tries to do what is best for their child feels the same hurt and failure that I still feel.

Doreen Banham
160 Charlbury Crescent,
Harold Hill,
Romford, Essex

Alpha - a real innovation

I was glad to hear there is to be a SE Regional Alpha Advisory Committee (*Disability Now*, September).

I have always supported the positive move towards greater consumer involvement in the affairs of The Spastics Society and I think the Society has every reason to be proud of this innovation; as far as I am aware, similar charities or organisations have not shown any such initiative.

The group here in the north-west was born in 1983 and much of the credit for its progress must go to Sharon Hughes. She has left me a high standard to live up to.

One of my objectives will be to try and encourage people living in residential centres to take a greater part in the group's activities. I feel that their involvement so far has been unsatisfactory when really, as consumers, they are more important than people like myself who are fortunate enough to live independently in open society. So we must work hard to overcome problems like transport, communication, motivation.

Now that we have the full support of the Society and the establishment of a national Alpha Advisory Committee, our next step must be to become better known among local affiliated groups.

In the north-west we plan to hold regular meetings in a much more business-like way, and encourage individual members to take on more responsibilities.

In the past responsibility has fallen on the most articulate and enthusiastic members. If groups are to develop into a creditable force, this must change.

I look forward to the NW Consumer Group becoming a cohesive team which, with other sectors of the Society, is striving to gain for cerebral palsied people their rightful place in the mainstream of society. Where there is conflict over philosophy or objectives, it is our job to give a positive lead and encourage a united front.

Harold Sharpe
Chairman of the NW Consumer Group
42 Cartmel Crescent
Barrow-in-Furness, Cumbria

Help needed from disabled mums

As a qualified nurse/health visitor, I am interested in learning about the experiences of women who, as well as being mothers of young children have to cope with any difficulties that arise from having multiple sclerosis or cerebral palsy.

There is little information available at present to indicate what these women would like in the way of a service from health workers.

I would, therefore, like to hear from any mothers who fall into either of these two groups, who would be willing, either by interview or questionnaire, to share their experiences and contribute to my survey.

The information gathered will be used to provide material for health workers and other women who may be in a similar situation and are thinking of starting a family.

Obviously all information gathered would be treated as confidential.

I am particularly interested in hearing from women who have children under 5 years, but would welcome all responses.

Mrs Kay Smithers BN, SRN, HV Cert
Lecturer in Nursing
Department of Nursing Studies
University of Wales College of Medicine
Heath Park
Cardiff CF4 4XN

Baneful Bear is patronising

May I endorse Mrs Elliot's letter (August *Disability Now*). The term "spastic" is an offensive stigma, and its continued use nationally is a shameful disgrace.

The inevitable result of such outmoded thinking is reflected in the retrograde return of the collecting-box syndrome in the patronising guise of a Baneful Bear.

Meanwhile, encouraging noises are being made about independence and self-determination for disabled people (which, incidentally, should read "people with disabilities").

It would appear that the Society itself is unaware of the irony in its own double message.

Sue Sheehy
Care Co-Ordinator
Dene College
Shipbourne Road
Tonbridge

Get it right!

A few small errors have crept into Nigel Smith's report on the Mobility Road Show (*Disability Now*, August) in respect of London Regional Transport vehicles and bus services for elderly and disabled people. None of them are major, but I thought that you should have the full story to avoid any future misunderstandings.

The existing Leyland National operates different routes (each of them weekly) on 4 days a week.

The two further Leyland National single-deck buses being converted to carry wheelchair users will allow us to operate services in the London boroughs of Haringey and Islington, as well as Hackney. The Dial-a-Rides in each borough and local associations representing disabled people have helped us to plan the routes.

The converted Fleetline double-decker will be followed by 260 new Leyland Olympians double-deckers to be delivered from early next year, which will also incorporate many of the features such as extra entrance and exit steps and better handrails to help ambulant disabled people.

The full Ogle design will be introduced on new double-deck buses from 1987.

Tony Shaw
Head of Unit for Disabled Passengers
London Regional Transport
55 Broadway
London SW1H 0BD
My fault too - Editor

Delarue - those were the days...

Your Thomas Delarue School 1958 "Where Are They Now?" photograph and article (*Disability Now*, August) prompted me to exercise the word processor again.

I entered TDS on Tuesday 29 April 1958 and left at the somewhat unorthodox date of Wednesday 6 October 1965 when a place at a local technical college was found. At the latter date I had been head boy for 3 weeks and 1 day; immediately after Mike Piper and just before Malcolm (Alfie) Clarke.

Mr Tomlinson's remarks are interesting.

I must say that Mr Davies never used his first name, Horace, preferring Bernard, his second. (Can you blame him? To students he was, of course, simply HB.)

Mr Tomlinson makes little mention of the next head, Mr Geoffrey Tudor. I shall always remember him as a very fine principal. We also held Mr Williams, the deputy head, in high esteem.

I have some knowledge of most of my generation and a few of slightly younger students. A very high proportion have done very well. I am now a senior assistant statistician in the Department of Trade and Industry and a member of the Institute of Advanced Motorists.

While at TDS, some people from Society HQ came to Tonbridge and gave some students very negative prospects. They said that the best any of us would do would be to put knobs on TVs. (A less suitable job is hard to imagine.) We were not worried - just angry because they should have known better.

Lance K Green BA, Dip Stats, FSS
Atlantis
2A Western Valley Road
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SDP: "We are most committed to assist this hidden uncounted army in the trenches of the welfare state"

Charles Kennedy, SDP spokesman on health and social services, discusses carers and other issues

Dr Barnardo's, MIND, MENCAP, and The Spastics Society are to be congratulated on their combined initiative, "Community Care Campaigners" at the SDP conference.

There can be no doubt that the Social Services Select Committee Report on Community Care draws attention to the concerns of many – notably, but by no means exclusively, in the voluntary sector – about the provisions of adequate, humane and practicable support services in the community for mentally ill and mentally handicapped people.

As the Select Committee succinctly stated, "The stage has now been reached where the rhetoric of community care has to be matched by action..."

Community Care Campaigners has initiated an important political dialogue towards that end.

It is worthwhile, first, to recount some of the main themes discussed at our breakfast meeting.

Perhaps least quantifiable but most challenging from the point of view of opinion formers and leaders at all levels is the underlying question of public attitudes. Brian Rix rightly dwelt on this issue.

The voluntary organisations devote considerable time and energy towards changing attitudes through advertising, information and advocacy. In so doing, they make the crucial point that ill-informed public inhibitions over caring for mentally ill and handicapped people in the community demand a resonant, reassuring response.

That can come in part from select committees and from Parliamentary debates.

Ultimately, however, it is most desirable and effective if it can come from the community itself.

Accordingly, we will be seeking to emphasise to our large cross-section of recently elected

SDP and Liberal county councillors the necessity for arguing at local level for the thrust and reality of community care. It is to be hoped that formal links between the campaign and our councillors can be developed.

Equally important – and of course the Select Committee emphasised this – is the question of finance.

It is essential that the voluntary sector should be exempted from rate-capping, particularly the joint-funded projects. It is also essential to recognise that community care is *not* a cheap option – quite the opposite.

Within the SDP's general com-

mitted expenditure more directly on to "the front line".

David Owen has begun to consider the further development of resource policy, and the SDP, with its commitment to decentralisation, recognises the need for maximum co-operation between and among central and local government, health authorities and voluntary organisations.

Indeed, this will be examined in more detail by the SDP working party on Community Care under the chairmanship of Fiona Beckett, prospective parliamentary candidate for Watford. A parallel working party on disabil-

ity there is much to build on.

For example, there is our commitment to the extension of Invalid Care Allowance to married women – a much needed and long overdue reform. Or our pledge – as part of our jobs programme – to provide resources to fund 100,000 new jobs in the caring services, such as home helps and meals on wheels.

Furthermore, we believe there should be money earmarked from national taxation for an Employment and Innovation Fund to which local DHSS offices, local authorities and voluntary organisations could apply for funding for community

people are already cared for, mainly by women, in the community within some form of family structure, we have, over the past 18 months, been developing a comprehensive approach to the stresses and strains which such "informal" caring can impose – and without which our welfare services would be in acute difficulty.

It is this hidden, uncounted army in the trenches of the welfare state which we are most committed to assist.

Thus we would encourage social services authorities to identify this category of carer locally and to take a lead in forging agreements at grass roots level over the range of support which could be made available to them. The aim would be to involve the spectrum of services – health, housing, social security and the voluntary sector – and to provide one point of contact, a "single door" access to a specified level of community support.

Included in such a simplified and unified approach would be the guarantee of an assured place for a relative in hospital care to give carers a break at agreed times; fuller provision of day care centres with a range of medical and personal services; guaranteed minimum transport services at agreed times; better and more regulated services like meals on wheels and laundry for incontinent patients; and higher priority for carers in housing allocations.

Much more could be said on this proposal, but the central political challenge is clear: to start caring more for our carers.

By delivering such a policy we would go a long way towards meeting the Select Committee's demand that rhetoric must now be matched by action.

The Community Care Campaigners can help move all of us in that direction.



Too busy to eat breakfast! From left: Dr David Owen, Fiona Beckett (chair of the SDP Community Care Working Party), Chris Heginbotham (director of MIND) and Charles Kennedy.

mitment to find an additional 1½ per cent growth in real terms per annum in health resources comes a realistic recognition that community care will demand important attention within competing priorities.

On the question of funding, our discussion ranged from the present insufficient resources to the need to deploy centrally

ity, chaired by Winifred Tumin, PPC for Wantage, will also be examining relevant issues.

It is our firm intention as a party to focus closely on this broad spectrum of inter-related issues in coming months and to ensure their prominence within the Alliance programme for the 1990s, due next year.

Within existing party policy

care projects.

We were greatly encouraged at our breakfast briefing by the positive reactions of all 4 voluntary organisations to our idea of a comprehensive Carers' Charter.

Recognising that even now some 80-90 per cent of mentally ill and mentally handicapped

Party conferences

Fowler reviews slated

Norman Fowler's social security reviews are proving a dominating subject at this year's political party conferences.

The SDP held its debate on a hot Sunday afternoon last month.

I am not sure if it was the heady temperatures or the sheer complexity of the issues, but somehow the debate never got off the ground.

There were many interesting and articulate contributions from SDP members who in turn expressed concern at virtually all the Fowler proposals. They felt reform was overdue but that the reviews, with the cost-cutting implications, was not the way to do it.

The Fowler reviews were also debated on the first full day of the Liberal Assembly.

Two amendments to the Motion criticising the reviews attempted to add more detail to what some people thought was "too general".

Leighton Andrews, vice-chairman of the Liberal Standing Committee and prospective parliamentary candidate for Gillingham, was competent in setting out the political philosophy of Liberals on social reform with

some added rhetoric.

He was proud of being a "moaning minny" and felt that all Liberals should be expressing concern about unemployment and those who are dependent on state benefits.

"The primary aim of the social security system must be to ensure an adequate income for all citizens."

Other speakers filled in some of the detail.

Liberals are obviously proud that their party is the only one to have devised a plan for improvements in pensions which would include an increase in the basic pension scheme immediately – unlike SERPS, which is additional to the basic pension.

Perhaps because the Liberals also found it difficult to defend the present system and wanted improvements, the debate never became coherent.

They were clear, however, that they wished to see the abolition of SERPS, but only if a better system which included an increase in the basic pension was put in its place.

The needs of carers were also appreciated. The party supported moves for a carers' benefit.

Amanda Jordan

REPORTS

The Nineties: "A better future for young people with special needs"

Vision of self-help

The aim of the conference was to examine the changes in special education imposed by the 1981 Education Act and the rise of unemployment, both of which are having a profound impact on the education, training and employment of young people with special needs.

The conference was organised by the North West Region In-Service Training Committee for the Careers Service.

Over 50 specialist careers officers spent 5 days at The Spastics Society's Beaumont College, Lancaster at the end of July.

The keynote address each day was well chosen. But I think the delegates would have preferred fewer contributions from other speakers and more time for questions.

On the first evening, Barry Taylor, chief education officer for Somerset, gave an overview of current changes in educational provision and, from his

Continued on page 6



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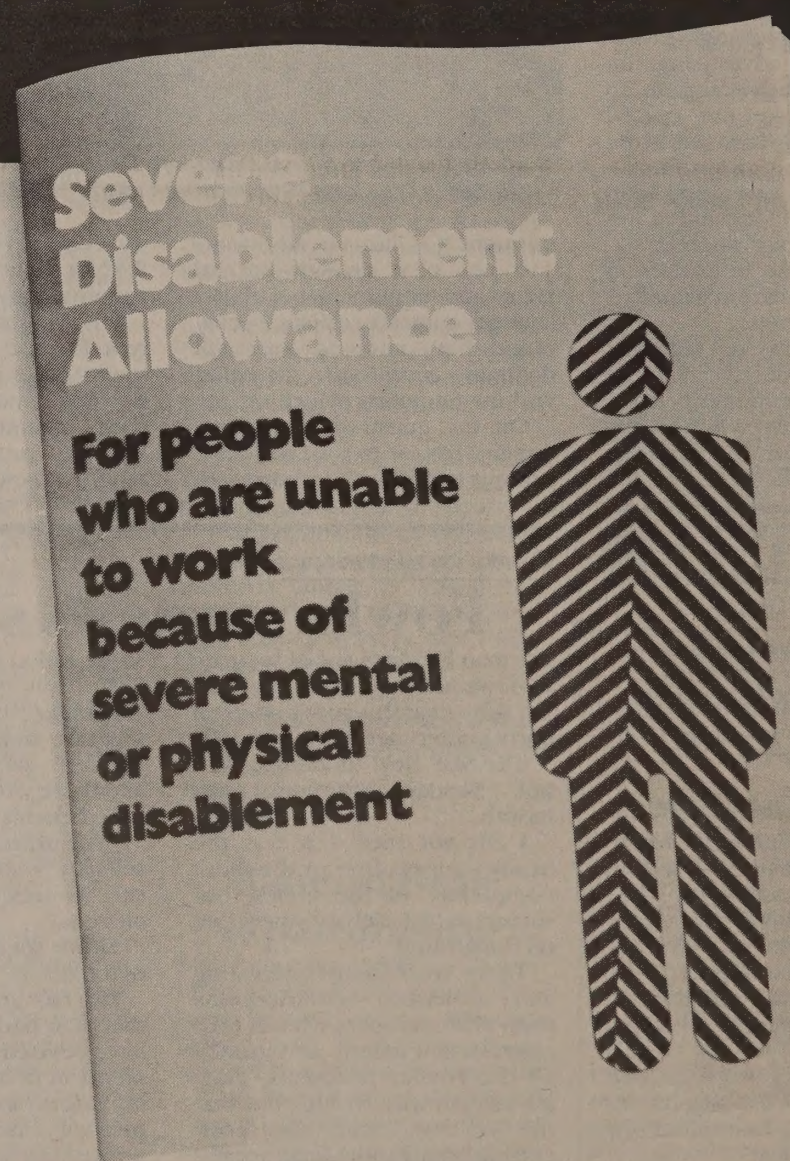
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DN1

The Spastics Society is the first voluntary organisation to act on what has been known for a long time: that lifting people is a risky business. By Christmas, nearly 70 care staff from 25 centres and schools will have taken the course in Glasgow.

"We are aiming to train trainers," says Vic Warren, the Society's safety advisor, who organised the course. "I see this training programme expanding to include local groups in each region and individual parents or relatives. This is the course that every carer needs."

The problems involved in manual handling and lifting in industrial situations pale into insignificance when compared to the problems encountered by the individual who is involved in handling and moving disabled people.

There are many reasons for this. The bag of cement or the conveyor belt item or the boxes to be stacked are inanimate, whereas the disabled person responds automatically and will react favourably or unfavourably depending on the type of physical handling he receives.

Also, the industrial work place is essentially designed for the job. By contrast, the hospital ward, the home or residential centre is a minefield of obstacles to be tripped over, avoided at all costs, or just accepted.

To some extent, industry, the NHS, voluntary organisations etc. are trying to reduce risks and implement systems which produce safe and efficient handling, moving and lifting for both the handler and the handled.

But no scheme will succeed unless it is understood that (a) the problem is a *human movement* problem and (b) the solution demands *time*.

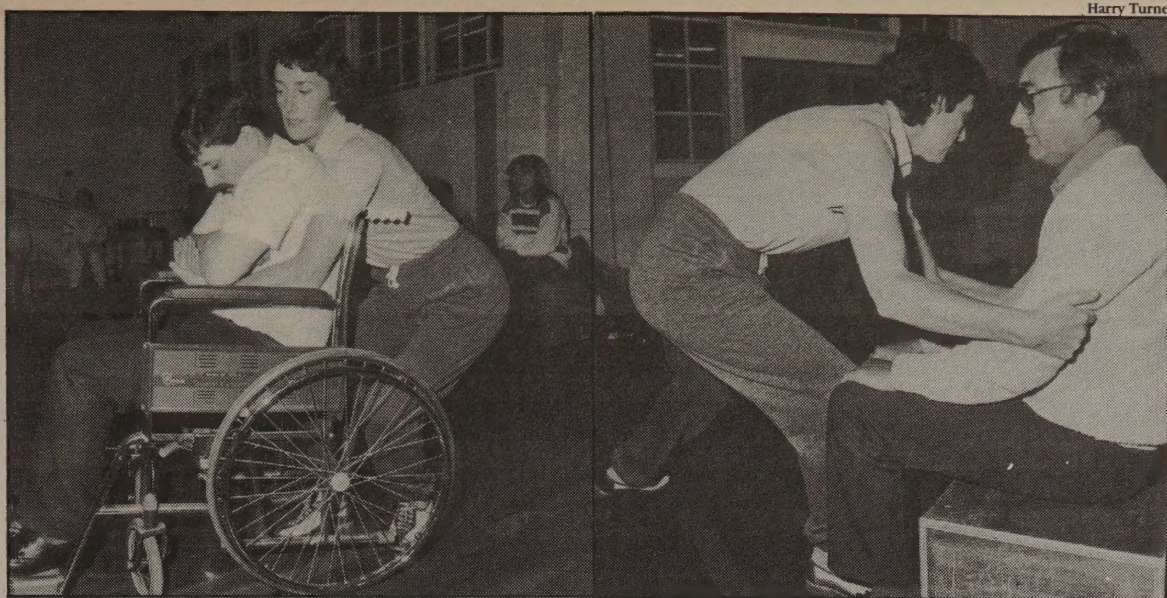
The course at the Queen's College, Glasgow consists of a one week full-time programme in the Physiotherapy Department and a follow-up 3-day programme in various centres.

Course members receive training in handling, moving and lifting procedures. We also give instruction and help on how to pass on information learned.

Although not ideal in length - most people at the end of the week reckon that 6 months would be acceptable! - the course goes a long way towards solving some of the problems encountered by care staff in handling and moving procedures.

My aim here is to present the basic principles and practice of the methods taught in Glasgow - although no text can replace physical participation.

The inefficiency of human movement is manifest in the amount of musculo-skeletal (bodily) aches and pains which



Left: lifting from a wheelchair. Lesley Crozier starts very low, feet apart, arms extended then brought back against social worker Griffiths Hughes, before returning to an upright position, neck first. Right: she lifts Vic Warren. Again, body low, hands low, feet apart for maximum lift.

Handling, moving and lifting without strain

A unique course at the Queens College, Glasgow, teaches a method of moving people that reduces fatigue, strain and injury. Lesley Crozier explains the principles behind the method and how it works

most people accept as the norm. Physiotherapy out-patient departments deal with overwhelming numbers of patients complaining of "backache", "low back pain", osteo-arthritis of shoulder, hip, or knee, "tennis elbow", cervical spondylosis (neck/arm pain).

Physical treatment tends to concentrate on the joint or area which has the symptoms. There is no understanding of the true cause, which is inefficient movement in occupational, recreational and social situations.

One of the myths that must be exploded is that lifting and back trouble are synonymous. Inefficient lifting *can* cause back problems - it can also cause neck, shoulder, elbow, hip, knee, foot and ankle problems. Furthermore, not only inefficient lifting but also inefficient pushing, pulling, reaching (upwards, downwards, horizontally, forwards or sideways) can produce back and back-associated injuries.

Humans are capable of 6 basic actions: lifting, pushing, pulling, turning, reaching and down pressing.

Many permutations of these basic actions can be seen in any activity, but in essence only 6 actions are possible. A lifting action is a lifting action whether it is picking up a pen or lifting a person out of a wheelchair.

Thus, no matter what the occupation is, if a set of ground rules is laid down to make each of the basic actions efficient, then a solution to movement problems becomes possible.

These ground rules should be

carried over into recreational and social situations so that the trainee develops a new movement habit for life.

Gone is the idea that there is a *right* way to perform any physical task; if the movement has the ingredients for efficiency, then, modified for any given situation, the movement becomes safe (efficient).

Humans spend their first year learning to stand erect. The vertebral column develops secondary curves in the neck (cervical) and lower back (lumbar) regions which provide a central axis for movement of the four limbs - like the hinges of a door (see figures 1 and 2).

The effect of gravity on the individual spinal joints is to increase the neck and chest (thoracic) curvatures and flatten the lumbar curvature. Each vertebra tends to be pushed downwards and forwards on to the vertebra below (figure 3).

The position of fatigue or "old age" (figure 4) occurs as gravity produces further bending of the hips and knees. (How often we hear older people say that they are not as tall as they once were.)

This vertebral collapse is a natural phenomenon. The arrangement of bony surfaces, ligaments and muscle of the vertebral column and lower limbs allows this "give" when a force such as gravity is applied to it.

For a time the natural elasticity of the tissues allows the spinal column to spring back to its original upright position. Also, sensory information from muscles allows us to automatically "correct" our position.

The solution for the adolescent who has "poor posture" is not to pull back his/her shoulders - which only increases the curvature of the neck and produces a "poking chin" - but to get the root of the neck out of the collar and allow the chin to be comfortably tucked in.

If neck leads the way, the individual straightens in the correct sequence: neck, chest, lumbar, hip, knee.

The collapse and reform effect allows the muscles a two-way stretch. This is essential for maintaining an adequate circulation of blood through the muscles, thus preserving their elasticity and sensitivity.

Every basic action can - and must - alternate between collapse and reform (figure 5).

For as yet unknown reasons, humans have developed a top-heavy approach to movement. In a so-called "normal lift", say a box from a table, muscles must over-stiffen to prevent the person falling forward. This leads to strain, fatigue and injury. The vertebral column is being used as a mechanical lever which it certainly is not and all the time the spinal joints are unstable and at risk (figure 6).

By contrast, a collapse/reform approach allows a more efficient blending of stability and mobility and a sharing of the load over the whole body. The *initial* movement is relaxation (not bending) of the knees followed by a movement of one foot to widen the base. The effort phase begins with the neck (and therefore the head), returning the individual to the upright as the

movement progresses (figure 7).

Already 2 principles of human physiology and one principle of human development have been employed. First, the centre of gravity of the individual has been lowered, and second, the area of base has been increased, both reducing muscle tension.

This is not the "bend your knees and keep your back straight" philosophy. The back is beautifully designed to bend or rather collapse, provided the centre of gravity is lowered *first*. When the neck (and the head) lead the way, the spinal joints progressively "lock" and make any manoeuvre safe.

Moving in this way allows the elastic recoil of stretched muscles to assist the return to the upright and, therefore, the lift. No use is made of this force in figure 6. Practically all the muscles are involved in preventing the person from falling over. At the same time they are being asked to return the person to the upright position.

Hopefully, it is clear that we must stop lifting (or pushing or pulling) anything or anyone and merely move efficiently *in relation to the object or person to be moved*.

All available forces must be used - muscle-force last and least. The brute force approach is damaging for carers.

Before you can move any object or individual, you must take hold. The way to take hold is crucial. Basically, a hold should be applied indirectly. The hand and fingers should be stretched as the hold is taken and it should be well below the object to be moved (see photographs).

The hand should *never* grip, merely hold. An underarm hold/grip is both uncomfortable and damaging to the relatively unstable shoulder joint of the disabled person.

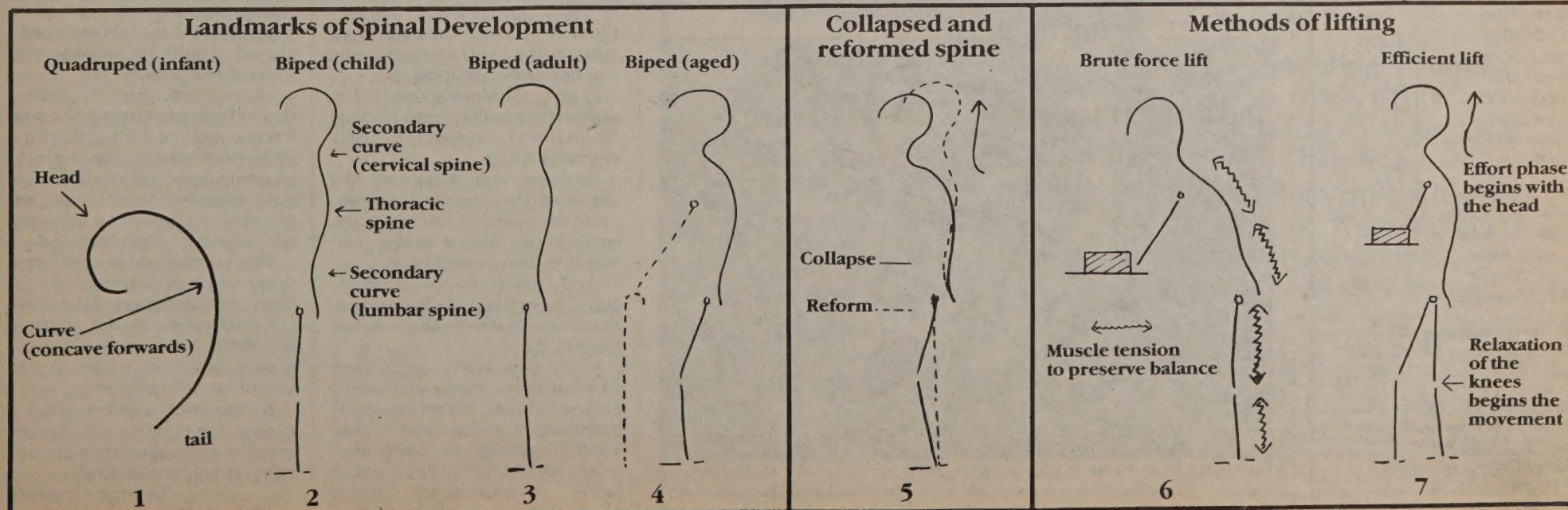
To be able to move efficiently it is not enough to study these principles and observe demonstrations. A training programme is needed to increase muscle sensitivity which "allows" the individual to change the harmful movement habits of a lifetime.

On each day of our course, conditioning movements are taught and practiced. These are followed by patterning movements which introduce the person to a brand new pattern of movement. Then the class learns how to move objects, and, finally, each other.

It is a hard physical week, but so far care staff have been enthusiastic.

Let's hope that when they get back to their centres, other people will listen to what they have to say. After all, it is to their advantage.

Lesley Crozier is a lecturer in physiotherapy at the Queen's College, Glasgow.



Consultations on teeth, but few smiles from Labour

MONTH IN PARLIAMENT



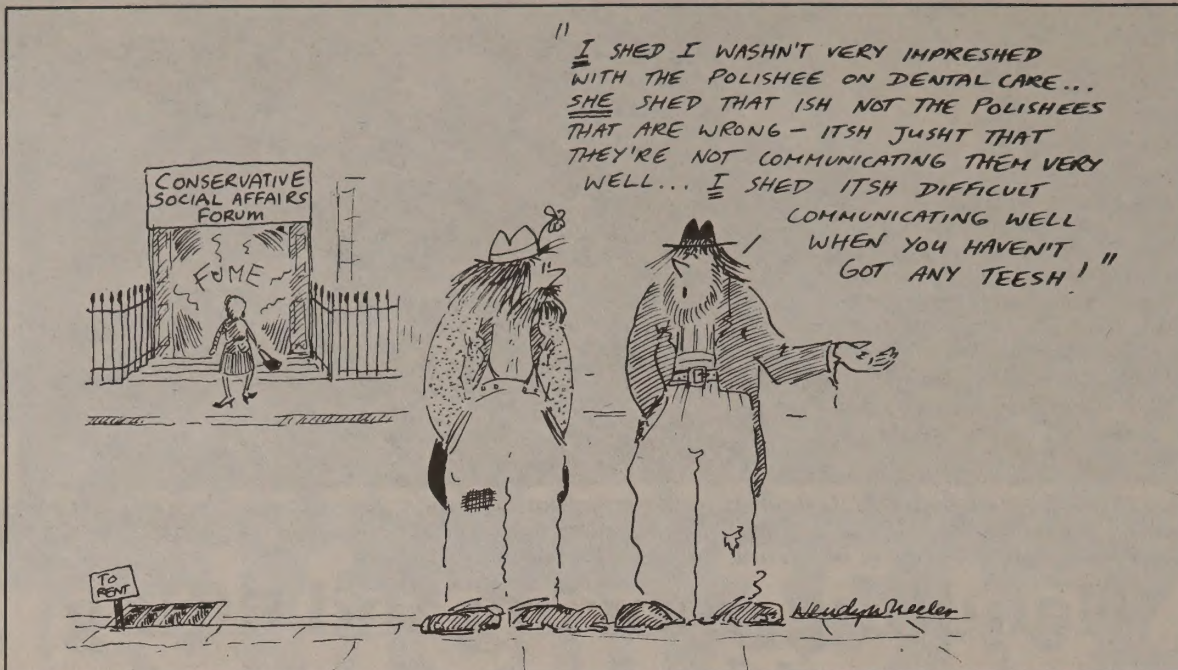
Health forums aim to pep up "negative" Tory image

The Government is to give users of dental and general practitioner services the opportunity to comment on these services in a consultation exercise launched by Norman Fowler last month.

Ministers will attend public meetings to be held in London, Brighton, Manchester and other major cities early next year, to answer questions on the development of these services.

This follows on from the Government's consultation exercise over the recent social security review, which has been much criticised both for the short time allowed for consultation and the misleading information supplied by the Government about the proposed changes.

To counter what the Conservative Party see as its "negative image" over social security and health issues, it has also launched The Social Affairs Forum. This aims to give party members, especially social workers and voluntary workers, a greater say in party affairs, with opportunities to meet Ministers and comment on policies.



Government mislead pregnant women says Labour MP

Labour MP, Mrs Anne Clwyd, has forced the Social Services Minister, Norman Fowler, to amend posters and leaflets advertising free dental treatment for pregnant women. She said they were misleading.

The Government information suggested that all pregnant women could claim free dental treatment whereas current regulations state that where women become pregnant during a course of treatment they are still liable to pay the full cost of any work done.

Mrs Clwyd called upon the Minister to change the regulations so that all 700,000 women who become pregnant every year would receive free treatment. However the Minister

chose to emend the leaflets and posters to comply with the present regulations.

In 1981 the Government's own Dental Strategy Review Group said "There can be no doubt that any charge to patients will deter some seeking the treatment they need".

In the light of this advice it seems likely that the Government's refusal to emend the regulations will further discourage women from using dental services, particularly since dental charges were increased earlier this year.

Before 1 April you could visit the dentist for a routine course of treatment, including scaling and several fillings, for a flat rate of £14.50, only paying more for work like crowns, bridges or dentures. Now the cost of routine treatment is £17 plus 40 per cent of any extra work required up to a maximum of £115. For example, 2 fillings,

scaling and one crown would easily bring the charges up to the maximum.

Changes at the DHSS

As a result of Mrs Thatcher's reshuffle over the last 2 months, new faces have appeared at the DHSS as well as some changes in responsibility.

Norman Fowler, Tony Newton and Baroness Trumpington remain in their present jobs.

Kenneth Clarke and John Patten have both been promoted, Kenneth Clarke to Paymaster General and John Patten to Minister of Housing.

Ray Whitney, former Parliamentary Under-Secretary of State for Social Security, moves across at the same level to assist the new Minister, Barney Heyhoe, with Health and Social Services.

Ray Whitney's job has been filled by John Mayor MP, a former Government whip.

Brian Lamb

Shaping up for new opportunities in arts and crafts

When you live in a residential centre there are few opportunities for taking arts and crafts courses from professionals or getting out to courses and meeting other people.

Last month some of the residents in four Spastics Society centres in Essex got the chance. Professional artists came to each centre for four days and residents could choose to spend each day trying out a new art or craft. At Drummonds there was clowning and mime, drama, and music; at Wakes Hall, writing; at Grangewood, dance; and at Jacques Hall, silk-screen printing.

The workshops were organised by Lucy Anderson of the Society's leisure services which funded them and Pat Coleman, co-ordinator of Shape East.

Shape East is the newest of 13 regional Shapes around the country. Funded by the Eastern Arts Association and the Carnegie UK Trust it provides and promotes artistic activities for and by people who may be cut off from the usual opportunities because of disability, illness or social deprivation.

The venture in Essex seems to have been a great success. About 50 residents took part. Some wanted to try every workshop. Others decided, often too late, that they wanted to join in. Some even managed to, surreptitiously, at their own centre.

"I hadn't the heart to turn



Interpreting the dance of the gods - later with dress and mask - Jean Preston from Wakes Hall was another person, without a handicap. Roger Spilling from Drummonds helps her.



Learning how to be a clown naturally involves the rudiments of custard pie throwing. From left to right: Deborah Turner, Sally English from Jacques Hall, Dennis Dear and Irene Franklin.

them away", said Andy Haveron, who ran the lively music, singing and percussion workshop.

"I've been looking forward to doing it every day", said Michael Smith from Grangewood. "I really enjoyed it."

Activities staff, who bore the brunt of the organisation, also enjoyed being involved in the workshops. "A shot in the arm" was how two described it.

And that went for residents too. "It sparked their imagination", said Sally English of Jacques Hall.

Staff are limited by lack of time in what they can do in the centres, she thinks, but with outside help and stimulus from Shape, workshops might be kept going.

She would like to see another series of introductory workshops first.

REPORTS

Continued from page 3

experiences here and abroad (particularly the USA), changes taking place in employment.

He pressed for specific training for students with special education needs. Significant living without work is only acceptable by people with special needs if the rest of us are prepared to accept it, he said.

Although up to now there have been no important cuts in special education or the careers services, this was unlikely to continue, hence the need to be clear about our priorities. We must understand how the careers service is seen by the consumers and the general public. (This was a recurring theme throughout the conference.)

Freddie Green, director of education for The Spastics Society, reviewed developments in special education since the Warnock Report in 1978 relating them to changes in the role of specialist careers officers. He left us in no doubt that specialist careers officers should inform themselves of the changes, seek ways to influence what goes on in schools and colleges, scrutinise the curriculum closely and be prepared to pass on information and promote good practice.

Richard Stowell, director of the National Bureau of Handicapped Students, told us how young people with special needs receive help from agencies in different countries, particularly Denmark, Germany, Italy and the UK.

Although our philosophy in this country is right - in that we are client-centred - we have not yet translated this into a cohesive service. In other countries the services come by law.

Dr Melvyn Kettle of Leeds University School of Medicine, has recently chaired a working party of the National Committee for the Employment of Disabled People. He talked about the report, "Additional Employment Problems for Handicapped Young People".

Question time revealed that the working party had received little written evidence from the careers services about their work in special schools and with employers. Dr Kettle promised to pass on the information.

Guy Dauncey, author and TV editor on self-employment, told us that with 3 million unemployed and more to come we cannot expect the State to provide employment. More likely it will be a facilitator (a role for the careers service?) He envisaged a network of self-help groups with unemployed people forming co-operatives, providing personal services, etc. He saw people with special needs as pioneers in this development.

Unfortunately, he seemed to suggest that those who were employed would be outside and above these groups.

Alastair Kent, principal of Banstead Place, summed up the conference, ending with a plea for a multi-professional approach to planning careers including, as of right, parents and the young person. He suggested a common core training for professionals.

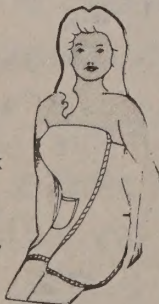
The conference was of great value, so I was disturbed to hear from many delegates of the financial restrictions placed on them by their local authorities. It means they may not be able to attend future conferences.

If specialist careers officers cannot travel, how can they be expected to operate with any efficiency or credibility?

George Marshall
Principal, Beaumont College

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Disabled cyclists outside Warsaw: We've made it!

Tom Stoddart, courtesy of The Sunday Times

Seven cyclists with physical disabilities have just completed an historic ride.

In 6 weeks they cycled 1,200 miles from London to Warsaw, passing through 6 countries and meeting mountains, driving rain, enthusiastic welcomes and sometimes exhausting press and TV publicity.

The event, sponsored by The Sunday Times, was to raise money for Cerebral Palsy Overseas, which organises rehabilitation projects in third world countries.

In this case the money raised - so far about £4,000 - will be spent on aids and equipment for disabled children in Poland.

Even more important than money is the goodwill, both for CPO and Britain, which has been built up along the way. Disability organisations have co-operated with enthusiasm and in Poland and Czechoslovakia disabled cyclists joined the team.

There have been embassy receptions and municipal presentations, and informal parties. In Poland a festival for 500 disabled children and the first aids and equipment exhibition were organised to coincide with the visit.

"Everyone looked for the Iron Curtain, but couldn't find it", said Dave Williams, one of the able-bodied team leaders.

No one will forget the welcome at the Polish border. "Scouts came out, and girls dressed in traditional costumes", said Dave Williams. "They offered us bread and salt - an ancient custom - and showered us with flowers. The support van looked like a funeral car when they had

finished!"

By contrast, the English send off had been a day of driving rain along the A2 and no police escort to ease the way.

"It takes courage for disabled people to carry on after a first day like that," said Rick Delvin, the other team leader. "Patsy O'Sullivan fell off her bike. But she was back on it again the next day."

"We made no concessions to them", he added. "They told us they wanted to be treated like able-bodied cyclists and they were."

As a result the disabled cyclists achieved things they hadn't believed possible.

Steve Varden, the most severely disabled member of the team, turned out to be the fastest.

David Tidball had never cycled more than 500 yards when he set off, but he was getting up at 5 am and doing 10 miles before breakfast. (40 miles was the average covered each day.)

His right leg and arm are affected by cp, but he had to use them. By the end of the trip David's right leg looked much the same as his left leg, and his right hand, with the help of a special grip, was beginning to steer the bike.

"This trip can give hope to others", said Dave Williams. "People in our team had ambition but didn't believe in themselves. Now they can look back at what they've achieved."

The Polish spastics society is planning a return visit in 1987.

In next month's Disability Now, Steve Varden gives his version of the trip.



It's thumbs up for the CPO cyclists as they near Warsaw after 6 gruelling weeks on the road and 1,200 miles. From left: Steve Varden, 18, a student at Hereward College, Coventry; Paul Scarlett, 16, a student at The Spastics Society's Beaumont College; Dave Williams, team leader, hidden in the flag; Dave Tidball, 24, who works at the Society's Newton Products in Birmingham; Nick Delvin, team leader; Tony Griffin, 25, from Bolton; and Robert Bebbington, 32, from Manchester. Behind them, a group of disabled Polish cyclists who joined them for the final stretch. (Michael and Patsy O'Sullivan were also in the team.)

International conference tackles rehab in the 1990s

Derek Lancaster-Gaye, CPO's director, reports

1,000 people, many from overseas, the majority staff of the organisers, United Cerebral Palsy of New York, met in New York City last month to discuss "The Changing Rehabilitation World: Into the 21st Century".

United Cerebral Palsy of New York has a record of interest and work in South America and Nigeria. The conference focused both on the skills available overseas and upon some of the problems still to be tackled.

It was an ambitious conference backed by a large number of speakers, with simultaneous sessions, well attended and well executed.

The range of subjects was correspondingly large: sports for the handicapped, scientific research in rehabilitation, vocational activities, child abuse, trends in special education, medical application of genetics, ethnic and legal problems in medicine, architecture planning for the disabled, international air travel - the list was endless.

And amongst the speakers were names like Ciaran Barry (President of the International Cerebral Palsy Society), Anita Loring (Secretary General of ICPS), Greg Dixon (Director of Partners of the Americas), Gunnar Dybwad (Professor Emeritus of Brandeis University, Boston), Susan Hammerman of Rehabilitation International and Arie Klapwijk (cpISRA).

Cerebral Palsy Overseas had been given a slot in the programme - an opportunity to explain the aims and aspirations of CPO. A chance too to discuss ways and means of co-operation between

CPO and professionals working for UCP across the United States and with the organisations with which they are involved.

The outcome was encouraging and one was left in little doubt that professionals were keen to take up the opportunity to work in the developing world and to share the many skills they have in areas where such skills simply do not exist.

This was not a conference of parents, though parents were present; this was a conference of persons involved in the care world of disability. The degree of their caring showed through during discussion. Their enthusiasm was infectious and their determination to seize upon new developments and new concepts an indication of the changes that will take place in the 1990s.

For this was what it was all about - the shape of our future provision for disability and our attitudes towards those with whom we shall work.

Happily, the disabled in the Third World featured prominently in the programme and in discussion.

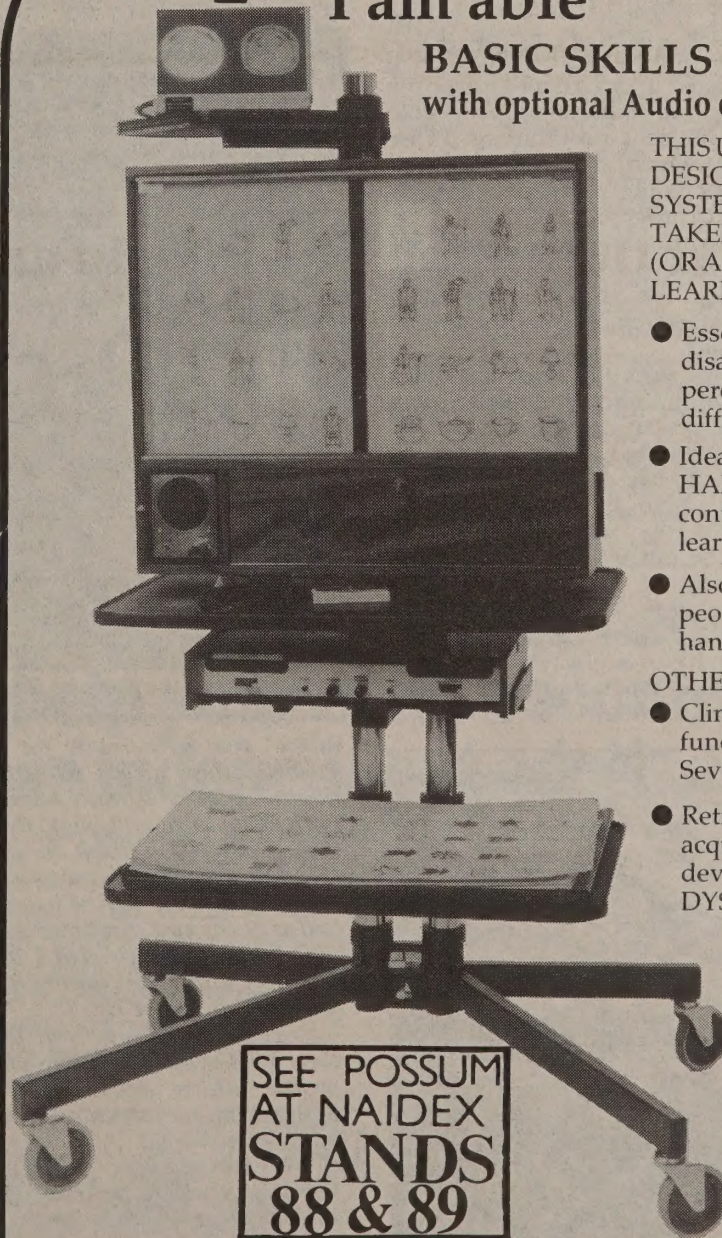
Certainly I was glad to have the opportunity to speak at this highly polished conference.

If you would like to receive a free copy of the newspaper regularly, please send your name, address and occupation to the Circulation Supervisor, Disability Now, 12 Park Crescent, London W1N 4EQ.

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Have card, will travel

Can a young man in a wheelchair travel round Europe like anyone else? Maurizio Vernazza and Jon Hodkin had plenty of adventures when they tried this summer. Jon tells the story and Maurizio adds his comments

Many young people see Europe on an Inter-Rail card. For £119, people under the age of 26 can travel for a month on state railways in 19 countries in Europe, Scandinavia and North Africa.

We wondered if it was possible for someone who uses a wheelchair and is very dependent on others for personal care to enjoy the same kind of freedom. Maurizio was enthusiastic about trying.

Our plan was to always use public transport and normal accommodation (youth hostels, camping, overnight trains). Maurizio also wanted to visit some residential centres to see how other disabled people lived.

In 5 weeks we went to Sweden, Denmark, West Germany, Austria, Italy, Switzerland and Holland. We had many adventures. Hopefully, some of the people we met whose daily lives to not bring them into contact with disability also benefited from spending time with us.

We arrived in Gothenburg, Sweden, after a comfortable journey on a DFDS ferry. Apart from a narrow door to the cabin, the remainder of the ship was

We went to a campsite on the outskirts of Gothenburg. It had a disabled toilet with a key and when I had a shower with other people they didn't mind me.

We visited an aids exhibition.

opened in Copenhagen station when Jon left me on the toilet for about 20 minutes. While he had gone away the cleaner had slung my chair to one side and poked his head around the door

much space for moving a chair. We had our own compartment and a big (disabled) toilet with a big chunky handle which you could lock the door with.

We spent 2 days in south Denmark before moving on to Hamburg. We stayed in youth hostels, both with facilities for disabled people.

The Hamburger Spastikerverein (Spastics Society) showed us some examples of their living groups for mentally and physically handicapped people. Their work was pioneering and interesting to see.

However, as in the UK, Germany has its large long-stay hospitals. Hamburg has one housing over 1,200 people with various disabilities.

Terrible rain did not deter us from looking at the more famous sights of Hamburg – in particular the "Reeperbahn" red light district. Here we saw Salvation Army members standing alongside prostitutes, each inviting the passer by to consider his needs!

German trains are difficult to board because of the big distance from platform to carriage. However, the Bahnhof's Mission is available to help on principal stations. We used its services on our journey from Hamburg to Munich.

Munich was, on the whole, quite hard to get around. Trams have large cumbersome steps and narrow entrances, and the underground system, although modern, does not always pro-

tent by a man who invited us to stay at his house.

The bad weather caused a landslide, making the famous Brenner Pass impassable. Once emergency workers had reopened a narrow stretch of the motorway, the huge backlog of both road and rail passengers were able to trickle through to and from Italy.

We had a 10 hour journey, involving 2 buses and 2 trains, which ordinarily would take 3 hours in 1 train.

We travelled by both bus and train in Italy. The 3 major cities we saw were Verona, Parma and Milan. Facilities were virtually



Copenhagen station, scene of Maurizio's "first bad experience". Without the luggage frame on Maurizio's wheelchair, the trip would have been impossible. Jon could find no suitable frame, so Danny Reeves, driver/handyman at the Bedford, designed one.

"I was amazed at the high quality chairs all free from the state.

Then we went to a disabled person's flat and asked her questions about how she managed by herself and she spoke to us like she had a completely normal life."

We then travelled direct to Copenhagen, Denmark.

The transport system there was mostly accessible. The S Trains (underground) cover the city, and platforms are accessible by lift from most stations. Those few which still have steps are undergoing a major improvement programme.

In Copenhagen, where we were received with great hospitality, we visited independent living schemes and an exhibition of aids.

We stayed at Jonstrupvang, a beautiful purpose built residential centre on the outskirts of Copenhagen, where about 60 people live in their own flatlets and have the opportunity to learn the skills necessary to move out into the wider community if they want to. Ivan Skojlager, the manager, explained that at Jonstrupvang the emphasis is always on what a person can rather than cannot do.

"My first bad experience happened and he gave a dirty look at me. I began to panic and my heart was throbbing and he came in and he spoke in Danish and I was shaking my head off as if to say 'No, no'. Then Jon came back and the cleaner pointed at his watch and Jon saw me looking angry and said to the cleaner, 'Look, you leave my friend



A night out at the famous Hofbräu Haus in Munich.

alone'. Jon went away for 10 minutes then I was sweating like a mad dog. Suddenly 2 policemen were gorging at me. I was frustrated. I tried to sign that I was OK. Jon came storming in and shouted 'What the hell is going on?' And they said the cleaner was worried I was sick. Jon said, 'I am taking him around Europe, he is OK.'

Next day we found out that they have a lot of trouble with people taking drugs so they thought Jon had stuck a load of pills down me."

We were sorry to leave Copenhagen, a city teeming with street entertainers on virtually every corner of its extensive pedestrian precincts.

Moving south we had the opportunity to travel on the Lyn-tog train.

"We went on a specially designed train for the disabled, it had a hydraulic lift attached to it and the porters didn't know how to use it so they lifted me in and I was amazed: it had so

vide lifts. Signposting for special facilities was not consistent. A beautiful bustling city with tremendous character made up for these difficulties.

We spent a day at Dachau, the concentration camp, now a memorial and a museum. The museum gives a truthful and sensitive account of the fate which befell not only religious and political opponents of the Nazi regime of 1933-45, but also those people who had a mental or physical disability.

After 2 days camping in the Bavarian countryside south of Munich we went by train to Innsbruck, Austria.

This stretch of railway through the Austrian Alps must rate as some of the most spectacular scenery to be seen from a railway anywhere in the world. We were blessed with good weather, so could see for miles.

But that night saw the beginning of 2 days of the worst storms Austria has had in years. We were "rescued" from our

non-existent with trains being very difficult to board.

Toilets were also a problem, the standard facility being little more than a hole in the ground. Finding a conventional toilet normally involved asking at quality hotel receptions – hardly a dignified arrangement!

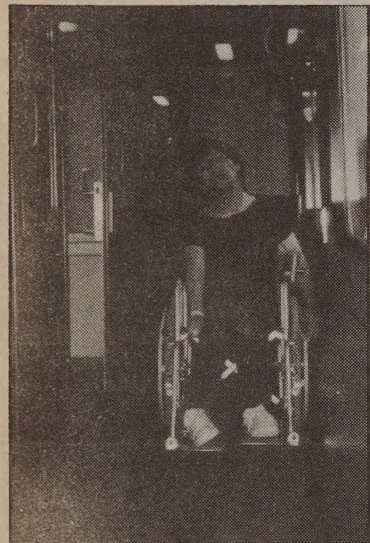
To compensate for these difficulties, the Italians were generally enthusiastic to help us.

Often they were over-zealous and of no practical help. I can only assume that this is because an average Italian rarely encounters someone with a disability. During our 6 day stay, we only saw 2 people with an obvious handicap.

An unpleasant encounter with the "law" left Maurizio in no doubt of his Italian roots. Since his parents are both Italian he is entitled to Italian citizenship.



Maurizio and Jon camped near An and a brewery – which they duly vi-



In Denmark, the Lyntog train had everything – hydraulic lift, wide corridor, a special toilet.

completely accessible to a wheelchair user. All the staff were most helpful.

"When we got off the ship I felt a feeling of achievement of a lifetime. This was the first time I travelled to another country."

The Swedish transport for disabled people was phenomenal. We got on buses, trams and trains. People were always willing to help us.



The giant tent in Munich sleeps 1,000 people. For DM5 a night you get a sleeping mat, 2 blankets and a hot shower. There's a café and a campsite fire. "Excellent value", thought Jon.



... of a foreign country: Sweden. "I felt a feeling of achievement of a life-
... id Maurisio. It was the first of seven countries he and Jon visited.

We discovered, at 1.30am at a camping site in Parma, that Maurisio was on the "wanted" list for National Service.

Our British passports removed, we waited under police guard until 3am by which time the authorities had satisfied themselves that Maurisio was not suitable for the military.

A sightseeing tour of Milan was thwarted when the handle of Maurisio's DHSS wheelchair broke. The hinge, incorporated to allow the back and handles to fold down, had sheered right through. Clearly the weak design of this joint renders these chairs more suitable for gentle domestic use rather than the rigours of international travel, carrying luggage.

With no time to repair the chair we were forced, for the only time in the whole trip, to take a taxi to the railway station.

An unpleasant, hot, and crowded train took us from Milan to our final country, Holland.

Here we found a garage which fixed the wheelchair.

We were invited to stay with Marry Van Dongen in her house on the outskirts of Dordrecht. Marry, who uses an electric wheelchair, lives independently in a house beautifully tailored to her needs.

From here we visited a Fokus housing scheme, a day centre and adjoining residential centre, and the famous Het Dorp, near Arnhem.

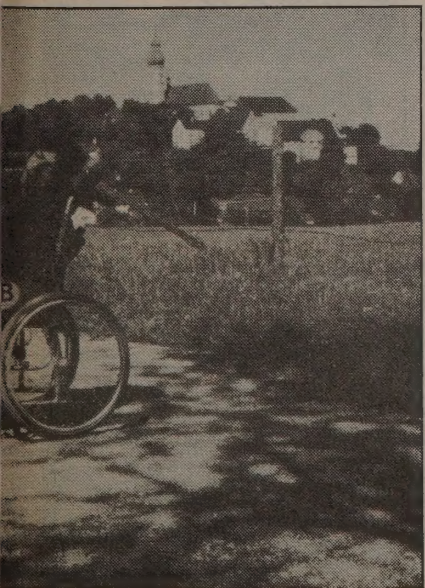
Taking a Sealink ferry (with excellent facilities for disabled people) to Harwich, we had time to reflect on our trip.

"I learned a lot throughout the trip, like changing currencies. It took me a bit of time to get the jist of it and you got to think ahead, like what are you going to plan for the next day and which is the best time for you to travel."

Sometimes on long journeys I found that it was very monotonous and tiring. I was very stiff, fidgety and my back was aching



... in his wheelchair and an array of wreaths are lost against the dark
... of what was the Nazi concentration camp at Dachau. A sculpture com-
... mates what happened between 1933 and 1945.



Bavaria. The town has a monastery

and I had things on my mind like people's attitude towards me.

I found out that people were friendly. Everytime we travelled somewhere we were not alone. Someone was always there to talk to us.

I think the trip was very successful and I hope other handicapped people will do it because it's well worth it: it educates you and it's a lot of fun."

Jon Hodkin is a member of the care staff at The Spastics Society's Beaumont College in Lancaster. Maurisio Vernazza lives at The Bedford, a residential centre run by the Society at Buxton.

They would like to thank The Spastic Society, British Rail and other organisations for making the trip possible.

VIEWPOINT

Are you just going to sit back?

When Carole Sharkey started an adult literacy class she was appalled at what she found

The Cleveland Work Centre, where an adult literacy class was introduced in 1980, provided spastic adults upon leaving school with light, undemanding jobs, giving parents a welcome break from the strain of caring for a physically handicapped adult.

The "trainees", as they are known, produced goods - to sell - to make money - to buy materials - to produce goods...

My first impression of the centre was depressing. Some of the trainees, unable to cope with the work, were sitting zombie-like staring into space. There were no books, magazines, pens, pencils or paper, or indeed any provision made for their educational needs.

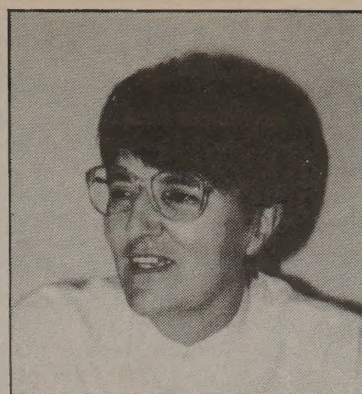
The adult literacy class was unusual because the students themselves hadn't asked for help. The new manager had recognised their needs and believed that adult literacy would help with their problems and provide a welcome break from the tedium of their jobs.

Indeed, it soon became apparent to me, who had no experience of or qualifications for working with disabled people, that they had no experience of demanding help and service for themselves and were all generally passive receivers.

Some of the 20 spastic people who attended the class had never been to school. Their ages ranged from 18 to 47 years. The older, more severely handicapped were educated at home by peripatetic teachers. The younger ones all spent their early childhood at a spastic unit attached to a local hospital before being transferred to a residential school 30 miles away.

Upon leaving school they all came to the spastic work centre, where, presumably, they will spend the rest of their days.

How many of your infant school friends do you work



Carole Sharkey

with? Imagine a life that exists around the same group of people day in, day out for 20, 30, 40 years - that's what has happened to our disabled people. Is this the best society can offer them?

Their educational attainment was very poor; some were unable to read at the most basic level or recognise the letters of the alphabet. Most were unable to use a pencil because of their poor motor control and not one person had a communication aid.

Some of the younger ones had benefited from the latest aids at schools. Presumably, in the transition from the Education Department to Social Services, their individual needs were forgotten. Or was it assumed that they would never need to communicate beyond the most basic level ever again?

The classes for English and Maths were initially for two hours a week but were extended to a whole day for the English aspect, which I was to provide.

The aim of the class was to develop communication skills and encourage the individual to become as independent as possible despite severe handicaps.

At first a great deal of time was spent talking. Often I could not understand their speech, but I realised the importance of time.

The group shared with me their complaints about the way they were treated either as children or as if they were "mental". They grumbled about access to the cinema, concert halls, shops, etc. They complained about their lack of social workers; the inadequacies of their education; even the over-protective attitude of some of their parents, and the general belief that the disabled should not marry or indeed have any sexual desires.

Most important of all was their

unanimous insistence that they did not want PITY.

Their complaints and their need to educate the public proved to be the stimulus necessary to improve their communication skills in many ways.

From the question, "Are you going to sit back and let people believe that the disabled are being treated fairly in our society?" (which I had believed until I was educated by them), back came the decision to inform the general public by writing letters to shops, offices and local council departments.

These were instrumental in helping all disabled people in the town.

Marks and Spencer altered its freezers after a complaint from a wheelchair-bound girl that she was unable to see into them. A large supermarket introduced a checkout designed specifically for disabled people.

Following our letter writing, a newsletter was suggested, written and produced.

The paper was named *Disabled World* and we were astounded by the local interest.

(Carole Sharkey and her group battled on. They sent for aids and equipment information, filled in forms and applied for equipment. They appealed for typewriters and got them. They learned to type and 3 of them acquired a Possum expanded keyboard. They found a speech therapist and a keep-fit teacher. From a wary beginning, the local FE college now offers full-time education for handicapped people from special schools. The Manpower Services Commission sent a team of programmers.)

It is only through acquiring literacy skills and being provided with the equipment to do so that people become capable of the decision-making necessary to take some control of their lives.

Carole Sharkey also teaches adult literacy students at the Cleveland College of Further Education.

This is an edited version of an article that appeared in Viewpoints - Special Needs, the second in a series of occasional papers on basic education topics, published by the Adult Literacy and Basic Skills Unit, Kingsbourne House, 229-231 High Holborn, London WC1. Tel: 01-405 4017. 85p plus p&p.

How Dene College can help your child become an independent adult...

Do you have an intellectually (and/or physically) disabled child aged sixteen or over?

If so you are probably looking for some sort of post-school provision that will cater for his or her needs in the important period of transition from adolescence to young adulthood.



Since opening in 1978 The Spastics Society's Dene College has been recognised as a pioneer in this field of education. It offers a three year course with a varied and practical curriculum consisting of social and general education, computing and technology, music and drama, art and craft and rural science. Students are encouraged to face "growing up" in five main areas: privacy, sexuality, financial independence, using information, and decision making.

14 new students can be accommodated each year.



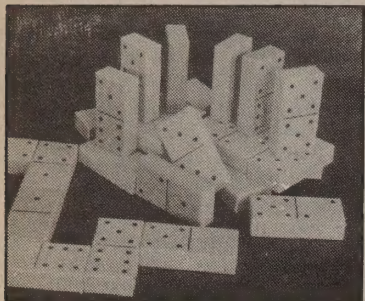
and applications are now open for the next college year beginning in September. Preference is given to applications from young people with cerebral palsy, but students with other disabilities will also be considered.

For further information and applications contact:

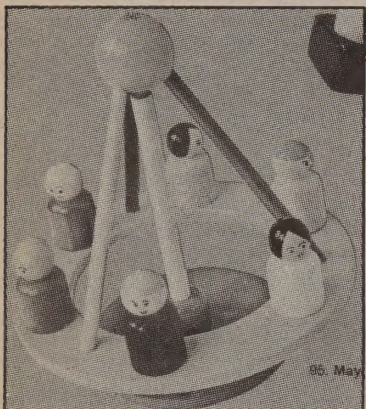
The College Liaison and Placement Officer
Dene College, Shipbourne Rd,
Tonbridge, Kent TN11 9NT.



Speak or make a noise and out of the red apple pops a green worm! He lights up too if you keep talking. £9.50 plus VAT from Toys for the Handicapped, 76 Barracks Road, Sandy Lanes Industrial Estate, Stourport-on-Severn, Worcs. Tel: (02993) 78820.



The Giant Dominoes are large (11 cm long) for easy grip and double as building blocks. 28 pieces, £15.41. Community Playthings, Robertsbridge, E. Sussex. Tel: (0580) 880 626.



Hit the colourful wooden maypole from any direction and set it spinning. £10.49. Escor Toys, Groveley Rd, Christchurch, Dorset. Tel: (0202) 485834.

Choosing toys for a disabled child

Wendy Chandler, an occupational therapist at The Spastics Society's Fitzroy Centre, offers advice

Play is more than just fun; it can improve motor and sensory skills, stimulate thought, build up self-confidence and develop independence.

Disabled children often need extra encouragement and help, so the role of parents is important and so is the choice of toys. A toy that is versatile and presents a different challenge at different ages, like lego, is the one to go for.

Many well-made toys in the local toy shop or department store have features which make them suitable for disabled children, and they have the advantage of being easily available and relatively inexpensive.

Where toys designed for handicapped children score is that they take account of special needs - a larger size, bigger handles - or they are innovative aids like microcomputers.

You may be able to save yourself money by borrowing a toy from the nearest toy library and trying it out first. Play Matters (the National Toy Libraries Association) has a list of toy libraries. It also has booklets on different

aspects of play and ideas about how play can be incorporated into everyday routines.

Play Matters has a toy display room, and so does The Spastics Society's centre in Fitzroy Square, London, where you can also get advice from an OT.

In the Fitzroy exhibition you will also find ideas for home-made toys. Some excellent toys are no more than old cotton reels threaded together or tins of rice or macaroni to shake.

For further ideas on home-made toys contact Play Matters for a catalogue of ACTIVE's worksheets - these have been drawn up by groups of disabled and able-bodied people who design and make items for play, leisure and communication.

Many every-day toys can be modified to meet the needs of a disabled child. For example, an eraser top for a pencil can be fitted over a handle to give a better grip. Magnetic tape or magnets can be attached to toys. Toys clamped to a table or attached with suction cups are steadier, and toys tied with string can be retrieved.

Addresses

Play Matters (The National Toy Libraries Association) 68 Churchway, London NW1 1LT, tel: 01-387 9592

The Aids and Equipment Resource Room (Liz Proctor), The Spastics Society, 16 Fitzroy Square, London W1P 5HQ, tel: 01-387 9571

Books

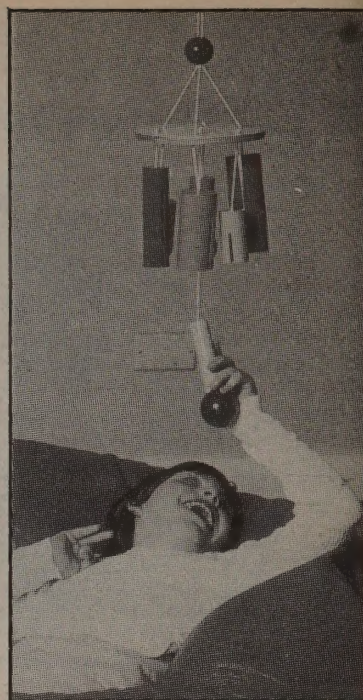
Let Me Play by Dorothy M Jeffree, Roy McConkey and Simon Hewson, Souvenir Press (Human Horizon Series) £6.95. A new edition with useful appendix of books, toy suppliers and addresses.

1986 Good Toy Guide will be available from Play Matters at the end of this month, £4.80 (incl. p&p) to members, £5.75 (incl. p&p) to non-members.

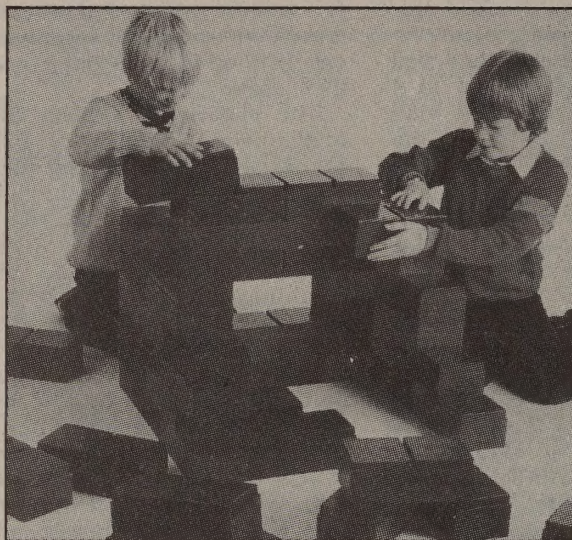
Let's Make Toys by Roy McConkey and Dorothy M. Jeffree, Souvenir Press (Human Horizon Series) 7.95

Making Moving Wooden Toys by Anthony and Judy Peduzzi, David and Charles, £8.95

Play Helps by Roma Lear, Heinemann Medical Books, £8.95



Each chime of this brightly painted, hardwood, hanging chime has a different note. It can be struck indiscriminately or with more hand control to make a tune. £17.35 plus VAT. Rompa, Pressure Sealed Plastics Ltd, PO Box 5, Wheatbridge Rd, Chesterfield, Derbys S40 2AE. Tel: (0246) 211777.



Lincabricks are large, light and interlock easily. They encourage hemiplegic children to use both hands. £15.17 plus VAT. James Galt.



Extra wide wheels and a centre of gravity very far back make this baby walker very stable. £18.50 plus VAT. Toys for the Handicapped.

Small tricycle with chain drive (right) has angled hand-grips and a pulley system for keeping feet level at all times. £298.90 plus VAT. Rifton (same address as Community Playthings).



4 ways to care

With this comprehensive range of versatile and adaptable products.



1. Travel Chair

The wide range of supportive and positioning accessories enable this chair to be tailor-made to each child's requirements. One adaptive chair becomes a high-chair, push-chair, recliner and car seat.

2. Bath Care Chair This chair does all the work of lifting, transporting and supporting the child in the bath and makes hair washing very easy. Ideal relaxer indoors or out and in the classroom.

Now Available in 3 Sizes.



4. Adaptive Commode

The two-in-one chair designed to give support and effective seating whilst toileting the handicapped child.



3. Series 6600 Care Chair

This chair offers the same renowned supportive and positioning benefits as the travel chair, but is designed for the teenager or small adult. Available with standard back or hard back system.



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Care Chair Division

Gaffney House, 190 Commercial Road, Totton, Southampton, Hants. Tel: Southampton (0703) 863629.

ORTHO KINETICS. PEOPLE. FIRST & FOREMOST



Bright wooden shapes with magnets (right) can be arranged to make designs on the metal panel. Use on a flat surface or with the wooden supports. £4.74 plus VAT. James Galt and Co, Brookfield Rd, Cheadle, Cheshire. Tel: 061-428 8511.

Hammock (below) gives even distribution of pressure and a good position for play, bringing hands together. £6.91 plus VAT. James Galt.



As you spin the box (left) you manipulate the image in the mirror and the movement of light. Children enjoy seeing themselves in the mirror and it makes an interesting reward for useful movement. The mirror cube is £32.50 plus VAT. Edu-play Toys, 450 Hinckley Rd, Leicester. Tel: (0533) 857849.



OUTLOOK

Motoring

Skoda 105 Lux — excellent value for money

The new season's cars, registration "C", are now becoming obvious on the streets.

Many disabled drivers never have the thrill of a car with a new number plate and have to stick to models two or three years old. But there is an alternative and that is to buy a car produced in an Eastern bloc country at a substantially reduced price.

The Skoda 105 Lux comes from Czechoslovakia and has been sold in Britain to a very loyal following for many years now. It has a reputation for strength, reliability and exceptional value for money.

The outside is a fairly basic and somewhat old-fashioned shape, but it is well finished, and has been given ICI Corrosion Treatment prior to painting which is a very good protection against rust.

Inside is also basic, but the brushed nylon fabric seats are comfortable with a firmness that makes them ideal for back support. The uncluttered interior gives plenty of space for getting in and out of the car.



The Skoda 105 Lux — an old-fashioned look that belies an up-to-date performance.

Luggage space is divided differently from most conventional cars because the engine is at the rear. However, the rear seats divide and fold, and the front of the car opens to give a clear space of 23in x 36in x 16in deep which will take a standard wheelchair. (Unfortunately, there is no space for an electric chair.)

On the road, the car is exceptionally quiet for a car of its price. It handles well throughout the gear range and although not as nippy as some models I have tested recently, it can still hold its own in traffic.

All the controls are light, making it an ideal car for the disabled or elderly driver.

The hydraulic clutch and plain, straight gear lever can be easily converted to a hand-operated clutch and the open steering-wheel area is perfect for hand controls.

John Byworth

Technical information

The Skoda 105 Lux has a 4-cylinder 1046 cc (water-cooled) engine with a 4-speed gear box rear-mounted driving the rear wheels. Front doors 34in wide, rear doors 32in wide.

Fuel consumption

Urban cycle 34.4 mpg, constant 56 mph 46.3 mpg.

Price

The Skoda 105 Lux Saloon is £2,906.58 on the road (with 6 months Road Fund licence). Motability and AID finance are available. As this is a new car the full rates will apply. Servicing every 6,000 miles — about £55. Resale value when the original low price is taken into consideration is reasonable, but very dependent on condition.

Arts

Touch and See

With "Please do not touch" signs dominating most art galleries, it is hardly surprising that sculpture is still pigeonholed as a "visual" art.

In *Touch and See*, an exhibition of sculpture by people with visual disabilities shown at the Royal National Institute for the Blind last month, the attitude is different.



Noah, Mrs Noah, and Ark.

"If things get broken, it's worth it," says Rachel Sullivan, sculpture teacher at the University of Leicester's Department of Adult Education, who organised the exhibition.

Touch and See is a lesson for everyone, sighted or unsighted, in the value of touch as a means to discovery and expression.

The form of the exhibition (which is labelled in braille) follows the structure of Rachel Sullivan's classes for blind people at Leicester University.

Section one, "Vocabulary", is a collection of natural and geometric forms — pebbles, shells, conkers, bricks, eggs — to be felt, defined and then traced in the damp sand beside them.

The second section, "Exploration", consists of complex natural forms — birds' wings, crystal formations, lumps of turf — for exploring pattern and form.

"Application" is a series of pic-



Peter Tate's first attempt at sculpture.

tures of sculpture techniques — stone, clay, plaster, wood and paper mache.

"Creation" is where the sculptors represent their sensed and imagined images in 3 dimensions.

For sighted people like myself, the accuracy with which unsighted people could feel, fix an image mentally, and then create it, is surprising.

More surprising, perhaps, is the way in which people unsighted from birth can represent an iconographic image such as the Madonna and Child — never seen or felt but beautifully expressed in the seven examples on display.

"Symbols are very important," says Rachel Sullivan. "Certain images seem to be carried almost subconsciously."

The 2 large group works in the exhibition — scenes of Noah's Ark and Hansel and Gretel — reflect this need for symbols. In the latter, Lorna Billington's stooping caricature witch amongst grasping trees is particularly impressive.

Some of the artists display an immediate ease with their subject matter and materials. Peter Tate's dog, carved from pine with great fluency, is his first attempt at sculpture.

Mary Ashwell, aged 87 and a painter all her life, produced the

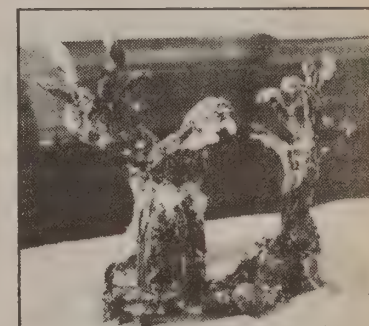
plaster head of her sister in 1 day — an intense, sad image of a woman who has been blind for 30 years.

Other works seem to have been struggled with, like Steve Pallett's "Exploration in an Unknown Figure". Steve has never seen, and his abstract torso in soapstone is a powerful personal interpretation of the human form.

But the fulcrum of the exhibition could be discovered even in the smallest pieces — like a group of modelled clay peppers. Their resemblance to the natural form was uncanny — all you had to do was pick them up.

Simon Crompton

The review of an exhibition of paintings by Mouth and Foot Painting Artists at the upper foyer of the Royal Festival Hall last month will appear in the next issue — Editor



Witch in Hansel and Gretel.

Books

Health Services in Schools — A New Look

by Kingsley Whitmore
(Spastics International Medical Publications, 1985, £4.95, from Blackwells Scientific Publications, Osney Mead, Oxford OX2 0EL)

Kingsley Whitmore is one of the very few doctors who has taken an active interest in the School Health Service and has recognised its importance in improving the health of children.

This book evolved from papers prepared for the Association of Clinical Medical Officers and although it is a single-author work, many of the ideas were developed in discussion with members of that organisation.

There is a brief but useful review of the history of medicine in schools, followed by an account of the current situation.

The most useful chapters, however, are the last three, which contain an examination of the deficiencies of the School Health Service and the problems faced by school doctors, followed by a series of valuable and sensible proposals for future developments. While not everyone will necessarily agree with all of these, it is obvious that they will be taken seriously by the planners responsible for providing medical care for school children.

This book will repay study by

all those interested in paediatric practice in the community. As it also contains a wealth of useful statistical data which is not easily available elsewhere, it may also be appreciated by community physicians as a valuable source of reference.

David Hall

Coping with Your Handicapped Child

by Andrina E. McCormack
(W & R Chambers, £2.95 paperback, at the end of this month)

I must admit that my first thoughts on seeing this book were, "Here is another professional telling parents what to do." For Andrina McCormack is an educationalist (mental health) for the Scottish Health Education Group.

Now, having read the book, I can honestly say that the author does not tell parents what to do; her approach to life with a handicapped child is practical and sometimes hard-hitting. Though the book appears unemotional — the only emotional part is in Chapter 3 where two sets of parents tell their stories in detail — it is not cold. Every thought or question, and answer, is there.

Coping with your Handicapped Child has been written to give parents insight but it would also help relatives and friends to understand the difficulties that can arise.

I like the way the author says

that all babies born are special: a new life beginning. But many are born with difficulties, and parents do go through a very emotional stage, sometimes grieving at the thought of what lies ahead of them. They must be given time to come to terms with the handicap, she says.

Then, chapter by chapter, Andrina McCormack explains what help is available to parents, from the start, through education, to the over-16s.

Part of the book deals with attitudes, not only of other people but, importantly, of brothers and sisters.

She urges the family to be as normal as possible (though I can never understand what people mean by "normal") and not always to put the disabled child first, because they must learn to take the ordinary risks of life.

She points out that as a parent you cannot always be around your disabled child or young adult and, anyway they like to be independent sometimes.

It's nice to hear a professional say that you, the parents, are the experts as far as your child is concerned and that you have a right to make use of the services that will benefit both the family and the child. So many professionals can give you the feeling that your child belongs to them and not to you.

I would have been pleased if someone had put it into my hand the day I was told about my son.

Anne Davis

LONDON BOROUGH OF HARINGEY

LESBIAN & GAY UNIT

UNIT WORKERS (6 Posts)

(PO1 — Salary on a scale from £11,937-£12,825)

SENIOR ADMINISTRATIVE OFFICER

(SO1 Salary on a scale from £10,632-£11,295)

Both these figures include £657 London weighting

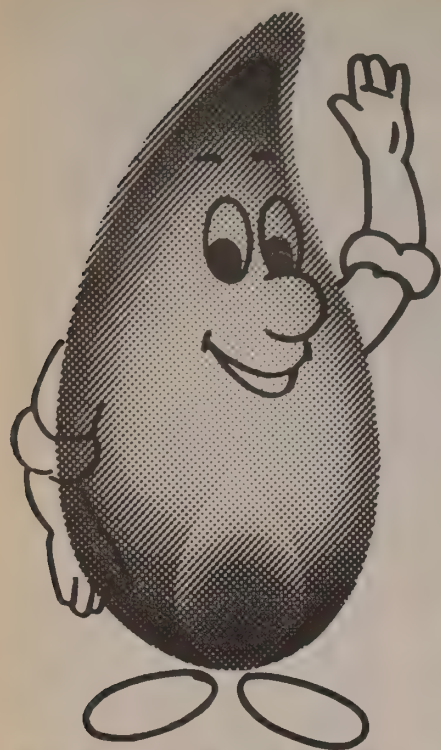
Haringey Council is committed to equal opportunities. It has already begun to work for a fair deal for the lesbians and gay men who live, work or study in the Borough. A Sub-Committee is soon to be established to act as a link between the Council and the lesbian and gay communities.

We want to recruit a team to co-ordinate and develop initiatives designed to ensure that Haringey provides services which reflect the needs and wishes of lesbians and gay men in the Borough.

All applicants must have direct experience of the lesbian or gay communities. Within the team there needs to be experience of the black, minority ethnic and disabled communities and all applicants must be committed to challenging discrimination on grounds of disability, race and sex. Formal qualifications are not necessary, although the Senior Administrative Officer must have previous administrative experience and be able to type. For the Unit Worker posts, experience in voluntary work, or training, or local government would be useful, but not essential. Application forms and written details are available from Angela O'Connor, Community Affairs Service, London Borough of Haringey, 35 Station Road, Wood Green, London N22. Tel. 01-881 3000 extn 3526.

Information is also available on tape, in Braille and the following languages: Greek, Turkish, Bengali, Urdu, Gujarati, Hindi, Punjabi and Mandarin.

Closing date two weeks from date of advertisement. Haringey is an equal opportunity employer.



"HELP FOR THE ELDERLY AND DISABLED."

The gas people offer a wide range of help to those who need it most, particularly the elderly and disabled.

If you are elderly or disabled, here are some of the ways in which we can make life easier for you. If you know somebody who might benefit from these services, please pass the information to them.

FREE GAS SAFETY CHECKS

A free gas safety check on your gas appliances and installations is available if: *You are 65 or over and you live alone; You are a registered handicapped person of any age and you live alone.*

This free check includes any necessary adjustments as well as materials up to the cost of £2.50 (including VAT). You might have to pay for any additional work that needs to be done.

SERVICING AND LEAKS

Gas fires, water heaters and central heating systems all need servicing from time to time. All customers can be assured that their appliances are operating safely and efficiently if they have them serviced regularly by competent people.

You should also bear in mind that checking and making safe a suspected escape, and simple gas escape repairs will usually be free. Why? Because we do not charge for the first 30 minutes of work, nor will we charge for parts and materials up to the value of £1 installed during that initial visit. If you suspect a gas leak at home or in the street, report it at once. The phone is quickest — call the emergency number for your area, under "GAS" in the local telephone directory.

AIDS FOR THE DISABLED

Modern gas appliances are much easier for disabled people to use. Gas built-in ovens and hot-plates can be placed at a convenient height in the kitchen for people in wheelchairs or for people who find it difficult to bend down or reach up when they are cooking. Most new cookers and fires now have automatic spark ignition and need no matches to light them.

If you have a hand disability, you might find the controls on your cooker or gas fire difficult to operate.

British Gas has devised a range of special adaptors which should make life easier. There are four types of tap handles specially designed for cookers, each of which will fit many different models, and tap adaptors for many gas fires.

There is a nominal standard charge of £2 (plus VAT) per appliance for supplying and fitting adaptors to a new or existing appliance.

If you know someone who is blind or has failing sight, please tell them about braille controls for cookers and central heating. The clock controls which switch central heating on and off can be brailled. Special braille or studded controls are available for most gas cookers, together with a braille cooking chart.

ASK US TO HELP YOU

British Gas has a team of Home Service Advisers, who will call on disabled people at home and provide free advice on the use of gas. They can provide information about special adaptors and handles and advise on the choice of suitable appliances.

If you would like to contact the Home Service Advisers or to enquire about free gas safety checks, regular servicing for appliances or aids for the disabled, visit your local gas showroom or telephone the gas service centre (the phone number is under "GAS" in the local directory).

PAYING FOR GAS

The showroom can also tell you about easier ways to pay your gas bills, and how to get help if there is real hardship — ask for the Code of Practice, "Electricity and gas bills for your home."

BRITISH GAS

HELPFUEL SERVICES FROM THE GAS PEOPLE.

LOCAL GROUP NEWS

Edited by Simon Crompton

Laura's exam achievement

Laura Whitehead was celebrating her first "O" Level last month.

21 year-old Laura, who cannot speak vocally and has little co-ordination below the neck, got a C grade in Sociology with the aid of a £2,000 computer donated to her by Blackpool and Fylde Spastics Society. She can operate this with a side to side movement of the head, as she demonstrated in the BBC TV programme *With a Little Help from the Chip*, shown on 30 August.

"The computer has opened all kinds of doors," says Laura's mother Pat. "Now she's doing 2 more 'O' Levels this year, and we're not ruling out higher education."

Laura studies in integrated classes at Blackpool and Fylde College, where there is a special needs unit. Taking the exam took some perseverance - the examination board gave Laura 4 days to complete each paper.

"My education is a bit bitty," says Laura, "but I have to prove myself more than the average student because everyone wants me to pass so much. But now I've passed one I can afford to fail."

West Lancs Evening Gazette



Laura Whitehead and Chris Heaney, who printed the Christmas cards Laura designed on her computer last year.

Marathon fundraiser's feats go on

Alban Donohoe



Wearing a back pack weighing 39 pounds, Dave vaults a boggy patch on the Pennine Way.

Dave Hurst didn't let his loss of sight deter him from the countless feats of stamina he has performed in the last 4 years - raising around £50,000 for charity.

Dave, an ex-care officer at Stockport, East Cheshire and High Peak Spastics Society, used to be a familiar figure at marathon races in the north of England with his dustbin strapped to his back. Sometimes he was carrying up to a hundred-weight of coins by the time he reached the finishing line.

It looked like the end of the road for Dave when retinal cone dystrophy made him blind 16 months ago.

But "Dustbin" Dave was back in the Piccadilly Radio Marathon in Manchester on 30 June, accompanied by a guide.

And in August he walked the 270-mile Pennine Way in just 16½ days, raising £20,000 for 38 voluntary organisations.

Now, Dave says, there is an extra incentive to his feats: "I'm not necessarily hoping that this will get everyone to do the same sort of thing," he says, "but I do want to encourage disabled people to get out for country walks, or

even walks in the town."

Conditions on the Pennine Way in August were abysmal, and 2 of Dave's volunteer guides had to retire because of injuries.

"It rained every day and at times we were up to our waists in muddy water," he says.

Mental exhaustion was the greatest problem, he found. "At one point it took 3 hours to travel 1½ miles. You knew that if you didn't step on the boulders correctly you could slip and break an ankle. It required enormous concentration."

It came as quite a blow to Dave when, because of his sight problem, he had to give up work as a carer after 3 years at the Stockport group's Granville House centre. One of the fittest men in the country is now living on invalidity benefit.

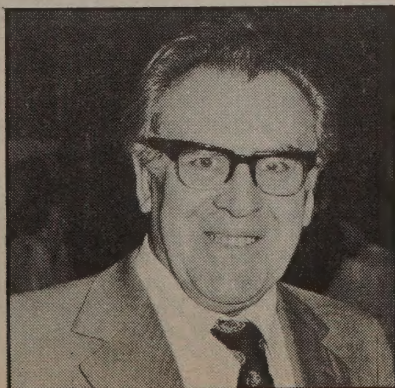
But Dave is hoping to train as a social worker specialising in leisure activities, and has plenty to keep himself occupied in the meantime - he is a member of the British Disabled Water Ski Association and a training representative for Gateway Clubs. He is also planning a book about his experiences on the Pennines.

Executive Council - 2 more candidates for election

Betty Piper, 48, is a housewife and the mother of a son with cerebral palsy. She is a member of the North Hampshire and West Surrey Spastics Group and is its former Secretary. She is now the group's Adult Liaison Co-ordinator (trying to develop opportunities for disabled people). She is on the Management Committee of the White Lodge Centre, a committee member of Meldreth Manor School Parents Association and organiser of the Oak Farm Holiday Club for



Disabled Children.
Special interests: the future of multiply-handicapped young people after 16.



Iorwerth Thomas, 63, is a civil engineer and has a son with cerebral palsy. He is Vice-Chairman of the Executive Council on which he has sat since 1970 and a former Honorary Treasurer. He is also a member of the Management Board. At local group level he has been a member of the Urmston and District Spastics Society and Chairman. He has also been Chairman of the North West Regional Committee. Special interests: the care of older cp people in the community.

Expo '85 - the deserted exhibition

Expo '85, a new exhibition of equipment and methods of care for disabled people, proved a severe disappointment for Dorset Spastics Society.

Their stand, displaying work at the society's Edward House Centre and Langside School, stood deserted for most of the 3 days of the exhibition, like all the other displays on show at the huge new Bournemouth International Centre.

"It's catastrophic," said Ted Knight, Secretary of the Dorset group. "I've sweated blood to get everything organised for this exhibition."

John Roberts, Regional Manager for the West Region of The Spastics Society, wasn't happy.

"It seems a terrible pity that due to the apparent chronic lack of publicity, so few people came to the exhibition," he said.

Organised as a non-commercial venture by Underwood Business Services, which employs jobless people under the Community Programme, Expo '85 was part of

a "Living with Disability Week" which included a programme of 11 seminars.

"I personally looked into a seminar to find 7 people in a hall capable of seating a few hundred," said John Roberts.

Doctor Ken Williams, consultant for the Underwood Group, says the event was aimed largely at disabled people themselves.

"What heartened me was the sight of disabled people having a good day out," he said.

The idea, he said, was to encourage an understanding of the need for care in the community.

"We had no monitoring at the door of who came, because we wanted it open to the general public," he said. "The whole thing was free."

Most of the exhibitors, however, (not the Dorset Spastics Society), had to pay.

"To some extent we could have gone further with our advertising," said Dr Williams, "but we were very limited with our resources."

Simon Crompton



Deserted stands and empty aisles at Expo '85.

Deadline nears for council grants

Once the GLC and metropolitan county councils cease to function next April, funding for local voluntary organisation projects will pass to local borough and district councils.

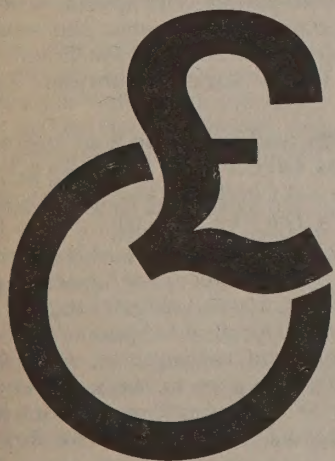
The Government has promised £20 million in transitional grants to smooth the transfer, but this will not cover all the projects now being funded.

Last month the Department of

Environment wrote to metropolitan councils, London borough councils and the ILEA explaining the arrangements for transitional grants.

Local authorities must get their bids in by 25 October, listing local projects which they hope to make a grant to over the next 4 years.

Is this relevant to you? If so, talk with your local council.



There's no such thing as a free lunch - and *Disability Now* is no exception.

The newspaper costs The Spastics Society 40p a copy or £4.80 for a year's supply. At the moment it comes to you free.

If you enjoy reading *Disability Now* and would like to see it continue, please send us a donation. £1 or £1,000, everything is welcome!

Please make out cheques and postal orders to The Spastics Society, and send them to

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Share Your Problems

With Margaret Morgan

At this time of year many of us think back nostalgically about our summer holiday – and begin to plan for the next one.

Planning a trip to London

"For a long time I have been planning – in my mind – a visit to London. I have only ever been through on the way to somewhere else and I would love to have a short holiday seeing some of the historic places and going to the Festival Hall and one of the West End theatres. I would also like to visit the Barbican, which I've heard a lot about.

I live some distance from London and although I can walk a little I need a wheelchair out-of-doors and steps are difficult.

Could you please advise me what to do next? I have a lot of queries and I expect there will be problems to overcome, but I do hope that my dreams will come true in 1986."

I hope that your dreams will materialise next year, too.

I think you will first need to decide whether you want to join a group holiday specially organised for people with disabilities or whether you would prefer to plan your own activities and go round with a friend or helper.

A very valuable and practical guide for people who have problems getting around, *Access in London*, was published last year and I strongly advise you to get a copy. It is full of useful information and tips about planning a holiday in London and I am sure it will help you to decide where to stay and how to organise your trip.

London can, however, be very expensive and you would be wise to work out whether an organised trip, with transport and other extras provided, is likely to prove more, or less, expensive than arranging your own accommodation, transport, entrance fees, etc.

It is possible to stay at The Spastics Society's Fitzroy Square Family Services and Assessment Centre, close to the Telecom Tower, though you would really need a companion as this is

primarily a family centre.

Group holidays are held from time to time at Fitzroy Square and I suggest that you write to Merle Davies, the Holiday Advisor, who will send you details of special groups and other facilities in London. You will need to start planning quite soon, as accommodation gets booked up quickly.

Access in London by Gordon Couch and William Forrester. Robert Nicholson Publications 1984. £2.25
Fitzroy Square Family Services and Assessment Centre, 16 Fitzroy Square, London W1P 5HQ. Tel: 01-387 9571.

Personal relationships in the sun

"In the summer I went to Spain on a group holiday as a personal helper to a disabled woman whom I had not met before. We all had a very good holiday, with lots of sunshine, but was I tired at the end of the ten days!

That's not actually what I am writing to you about, though I do feel that helpers should be warned how much physical strength is needed, if they have not helped in this way before.

What concerned me more was that so many of the disabled men saw me, and most of the other able-bodied young women in the party, as targets for their amorous attentions!

It's not that I mind, really, but I was aware that some people's feelings were more seriously aroused than I, certainly, had anticipated. The same seemed to be happening between many of the disabled girls and able-bodied young men.

I realise that people with disabilities do not want to be protected from ordinary experiences, but I wouldn't be happy to hurt anyone's feelings. It really was quite difficult at times, and I expect others have had similar problems.

I would be glad to have your advice, as I certainly plan to go on another group holiday as a helper next summer."



Simon Crompton

I am glad that you enjoyed your holiday and that you plan to join another group next year, in spite of the hazards!

The problem that you raise about holiday relationships can be a very real one.

I think that many of the difficulties arise because some people with disabilities – and not necessarily only the younger ones – have had limited opportunities for making close friendships or sexual relationships and their experience in social situations has been very restricted.

Holidays provide unique opportunities for "letting go" and making new relationships, usually in romantic surroundings and after wining and dining rather well. Motives and responses can easily be misinterpreted and what on one side may be an ordinary supportive interest may on the other be seen

"If you have any queries or problems that you would like explored do please write to me c/o *Disability Now*."

as expressing a much deeper and more lasting emotional experience.

I am sure that it is important not to "lead people on" and one really needs to be straight and honest if sexual feelings are being aroused which are not reciprocated.

People with disabilities don't want, or need, to be protected from everything that might hurt, as you so rightly say, and there may be times when speaking directly is more important than retreating from an ambiguous situation, which may cause even greater hurt and embarrassment later on.

Holiday relationships can be very fulfilling and enjoyable, but tricky situations can also arise.

SPOD, the Association to Aid Sexual and Personal Relationships of People with a Disability, has already run a workshop on "Short Term Relationships between Volunteers and Disabled People" and three more are planned for 16 October 1985 and 5 February and 26 June 1986.

These workshops examine some of the emotional problems which can arise between volunteer helpers and disabled people in social settings and much of the discussion is likely to focus on holiday situations.

You might like to attend one of them.

SPOD, 286 Camden Road, London N7 0BJ. Tel: 01-607 8851/2.

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What's On

Courses at Castle Priory

Adults with Profound Handicaps: Treatment and Care – a programme for staff and volunteers of any discipline and in any setting. Ideas will be explored for teaching, providing activities and meeting needs through intensive programmes of care and education. 28-31 October. Tuition £52, residence £55.50.

Understanding Stress and Coping with Stress – a combined workshop and seminar developing a practical model for personnel at managerial level who wish to enhance their own skills on behalf of themselves and the staff for whom they are responsible. Tutor: Roy Bailey. 1-3 November. Tuition £45, residence £37.

Play and Leisure Aids for People with Special Needs – a practical weekend to develop skills in making and adapting aids for children or adults. 1-3 November. Tuition £48, residence £37.

Music, Art and Drama – workshop for everyone who works with children and adolescents with special needs. 7-10 November. Tuition £52, residence £55.50.

Craft Skills for People with Disabilities – a practical workshop which introduces jewellery making and craft skills in paper and card to staff who work with people with disabilities in workshops and schools. 5-7 November. Tuition £43 (materials *not* included), residence £37.

For more information about any of these courses write to Castle Priory College, Thames Street, Wallingford, Oxon OX10 0HE. Tel: (0491) 37551.

Conferences and Leisure

Everyone for Music is a day conference on 19 October which will show what can be done in music for and by people with disabilities. Music in the context of education, recreation, therapy and performance will be considered. It is being held at the Maria Assumpta Pastoral and Educational Centre in Kensington, London and the fee is £12.50 (£9 for full-time students). Further details and application form from Mrs Denise Christophers, 69 Avondale Avenue, East Barnet, Herts.

Naidex '85. The national exhibition of aids and equipment for disabled people is being held from 16-18 October in Alexandra Palace, Alexandra Park, London N22. There will be 150 exhibitors from many different companies and disability organisations (including The Spastics Society). Admission is free, and there is a free car park for Orange Badge holders next to the exhibition hall as well as others in the Alexandra Palace grounds, with a shuttle bus service to and from the exhibition. A shuttle bus service will also run from the nearest British Rail station – Alexandra Palace. For further information contact Naidex Conventions Ltd, Convex House, 43 Dudley Road, Tunbridge Wells, Kent TN1 1LE. Tel: (0892) 44027.

SPOD Courses. The Association to Aid the Sexual and Personal Relationships of People with a Disability has brought out its brochure on training courses, study days and workshops it is running from Autumn '85 to Summer '86. For a copy of the brochure and an order form please contact Barbara Feinberg at SPOD, 286 Camden Road, London N7 0BJ. Tel: 01-607 8851.

The British Institute of Mental Handicap is holding a series of one-day conferences throughout the country on a variety of topics. These include Growing Up and Leaving Home (24 October, Harrogate), Movement and Dance for People with a Mental Handicap (24 October, Harmston, Lincs) and Developing a Communications Programme for People with a Mental Handicap (Leominster, 29 October). For further details of these and the other conferences contact BIMH, Wolverhampton Road, Kidderminster, Worcs. Tel: (0562) 850251.

SHAPE East is holding a training day on 26 October for artists or staff in caring institutions who work with people with special needs. Three SHAPE artists will be covering dance, drama/music and visual arts. Cost, about £7.50. For further information contact Pat Coleman at the Eastern Arts Association, 8/9 Bridge Street, Cambridge, Tel: (0223) 357596.

Ideas in Cerebral Palsy – Knowledge and Learning is an international conference being held in Athens, Greece, 7-11 November. For further information contact International Cerebral Palsy Society, 5A Netherhall Gardens, London NW3 5RN. Tel: 01-794 9761.

Leisure Learning and Communication Aids for Disabled People is a course being held on Saturday 9 November at the Stonebridge Adult Training Centre in Harrow. It covers a broad range of technical aids, equipment and techniques developed for disabled people. There will be a small exhibition of aids including microcomputers. Fees: £9 for families, £7 for professionals, £6 for voluntary workers, students, disabled people, relatives, and £5 for ACTIVE members. Further information from Steve Davis, Stonebridge ATC, Hillside, Harrow Road, London NW10. Tel: 01-965 6848.

Info '85 is a one-day seminar being held on 12 November by Portsmouth DIAL and RADAR at the Medical Centre, St Mary's Hospital, Portsmouth, for people in the caring professions. It will consider current methods of getting information to disabled people, the type of information and the methods of acquisition, storage, retrieval and provision (including micro-technology). For further information contact Mrs Fuller, Deputy Director, Portsmouth DIAL, Disabled Living Centre, Prince Albert Road, Southsea PO4 9HR. Tel: (0705) 824853.

Meeting the Special Educational Needs of Children with Disabilities is a conference for parents and professionals organised by The Royal Association of Disability and Rehabilitation (RADAR) on 14 November at The Crescent Room, The Royal Bath Assembly Rooms, Harrogate. Areas under discussion will include how children with special educational needs can be integrated into mainstream schools, how special educational needs are assessed and the importance of encouraging parents to be involved in their child's education. Fee, £15 (including lunch). For further information contact the Conference Officer, RADAR, 25 Mortimer Street, London W1N 8AB. Tel: 01-637 5400.

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Jobs

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Find-a-Friend

DISABLED CP LADY with some hearing loss, in her early 30s, living in Barnet (North London) would like to correspond or meet with a male penfriend who has similar disabilities. Interests include the cinema, reading, listening, music, dining out. Please write to Box No 123, *Disability Now*, address on page 16.

PEOPLE

Two new posts, one new face



Ciaran Beary, 30, is the new Information and Advice Services Manager at Fitzroy Square Centre. He started on 2 September.

Besides being responsible for the personal services fund, he will be coordinating the assessment panel and developing an assessment and advisory service to cover England and Wales.

"The aim is to develop an expert resource for the social work service department and to offer specialist advice on welfare rights and benefits to a variety of organisations on issues that relate to cerebral palsy", he said.

Ciaran's special interests are assessment and welfare rights. He is a qualified social worker. Before joining the Society he was in charge of a core and cluster unit for people with mental handicap in the London Borough of Hillingdon.



Marian Bowen, 31, is to be the second full-time development and research officer of the national Alpha Advisory Committee. She will be working mainly in the Midlands and Wales and started on 23 September.

Her job will be to stimulate the interest and involvement of cp people in the work and activities of The Spastics Society and to build up a regional committee and local groups.

Marian, who has spina bifida and is in a wheelchair, used to work in the Society's Recreation Department before it closed. Since then she has been with Shropshire social services. She contributes to *Disability Now*.

It is the scope of the new job that she finds most attractive.

"Alpha's terms of reference are so wide ranging that we can get involved in any area of the Society's work," she said. "I'm particularly interested in the centres. I want to find out what the residents think. Do they think they are receiving the most direct service from the Society? Is what we are doing what they want and if not, what do they want, and do they know what is available?"

She is also concerned about the image disabled people project.

"Disabled people need to think about their appearance. I'm interested in why they often don't. Is it because they can't go shopping, or because they don't care?"

The first London to York sponsored bicycle ride on behalf of The Spastics Society, attracted a field of 210 cyclists. All but a couple completed 225 gruelling miles over the weekend of 7-8 September.

They set off from Jack Straw's Castle on Hampstead Heath at 7.30am on Saturday morning making for Grantham, the overnight stop, 125 miles north.

Accommodation was provided in the ballroom and Sessions Hall in Grantham, but those riders who preferred a higher degree of comfort stopped off at bed and breakfasts.

A specially laid-on disco attracted some people and this, together with the odd glass or two of beer that evening, perhaps slowed some of them up for the final stage!

That was the observation of Ian Cheetham who wisely stopped over with a relative and resisted temptation.

Let's go ride a bike!

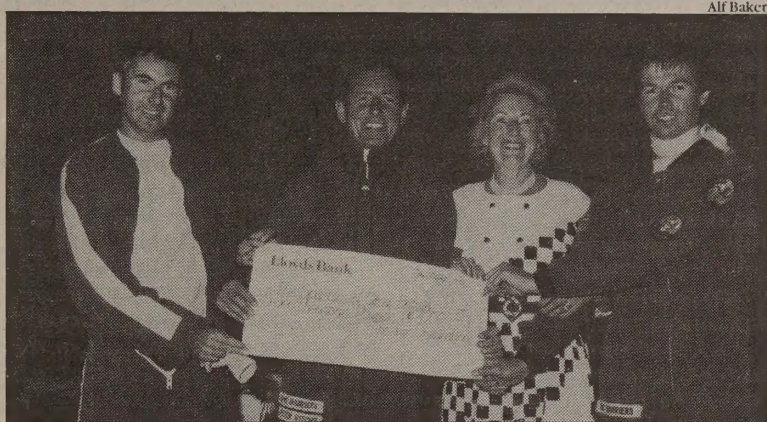


The cyclists start off from Jack Straw's Castle, Hampstead.

sisted temptation.

Although he knew he was among the leaders on the second day, he was very surprised to find

himself the first in at the finish. He was greeted at St George's Field at 2pm by the Lord Mayor, Councillor Marjorie Bwyne.



Pennies from heaven. The Harriers parachute team from Shoreham-by-Sea in East Sussex dropped into the Coral Hove Stadium, Brighton, on 13 July, to present a cheque to Dame Vera Lynn, vice president of the Stars Organisation for Spastics. The stunt was part of a Greyhound Night which finally raised £10,000 for the SOS's Colwall Court Holiday Home. Most of the sponsors for the event were found by Dame Vera Lynn and her husband Harry Lewis.

ANNOUNCEMENTS

GLAD Benefits Information Sheets. The Greater London Association for Disabled People has recently updated its series on benefits for handicapped people: Benefits for Families with a Handicapped Child, Benefits for Handicapped People of Working Age, and Benefits for Handicapped People of Pension Age. Each gives stage-by-stage explanations of different benefits and how to claim them. They are free to individual disabled people - otherwise they cost 75p each, or £2 for the set of 3. Copies from Anne Ketley, Information Officer, GLAD, 336 Brixton Road, London SW9 7AA. Tel: 01-274 0107.

Age Well is a campaign coordinated by the Health Education Council and Age Concern England to promote local health initiatives. These include pensioners' health days, exercise programmes, self-help groups, "cook and eat" clubs, foot care schemes, projects for the mentally frail and hospital after-care. For full information contact Age Well Campaign Unit, c/o Age Concern England, 60 Pitcairn Road, Mitcham, Surrey CR4 3LL. Tel: 01-640 5431.

Guide to Equipment and Services for the Disabled is a 36-page catalogue compiled by British Telecom's Action for Disabled Customers. Divided into 4 sections it gives details of communication aids useful to people with impaired hearing, speech difficulties, a visual handicap, or with impaired mobility or dexterity. Free copies can be obtained from British Telecom sales offices. Ask the Operator (dial 100) for Freefone Telecom Sales.

Autobility Ltd, which adapts cars for disabled drivers, has a new address: Bournemouth Road, West Chirton South Industrial Estate, North Shields, Tyne & Wear NE29 7TY. Tel: (0632) 586556.

Ski Holidays

The Uphill Ski Club, which provides skiing holidays for disabled people, has produced its brochure on holidays to Austria and France, from January 1986. Anyone who is over 12-years old with a motor disability is eligible to apply and there will be some places available for those who are mentally handicapped. For further details contact Sue Hawkins, The Uphill Ski Club, 12 Park Crescent, London W1N 4EQ. Tel: 01-636 1989.

Neilson wintersports company offers holidays throughout Europe and also runs its own ski schools in resorts in France, Yugoslavia and Austria which are happy to teach disabled people. For detailed information and a copy of the 1985/86 brochure write to Neilson, International House, Granby Street, Leicester LE1 6FD. Tel: (0533) 554646.

Did you have a good holiday?

If you had a good holiday - or an awful experience you want to warn others about - please let us know, in not more than 400 words, with photos if possible. We are preparing the annual holiday feature for the January issue.

The deadline for contributions is 29 November. Send them to Mary Wilkinson, *Disability Now*, 12 Park Crescent, London W1N 4EQ.

Soap box speed in mini Monaco

The 7th National Soap Box Grand Prix, held last month in the village of Blakesley, near Towcester, produced £4,000 for The Spastics Society, with money still coming in.

Blakesley has been described as a "mini Monaco". The main street is closed to traffic for cars to race, two at a time, down a drop of some 80 feet. Some of them reach 50 miles an hour.

43 competitors from all over the country entered this year's Grand Prix.

One incentive to finish the event in good time was that he had to start work at 4am the next morning - he's a postman.

"Though I've been a keen cyclist for several years, this was the first real cycling event of any kind I've done," he said.

"I saw it as a good training ride to see how well I could do, and at the same time I would be raising money for a good cause."

He has raised £88 in sponsorship and now plans to join a cycling club.

The bike ride, organised by Bike Events of Bath, was considered a great success by Christopher Robinson, Special Appeals Development Officer at The Spastics Society.

"We were delighted with the turnout and many of the riders want to come again next year," he said.

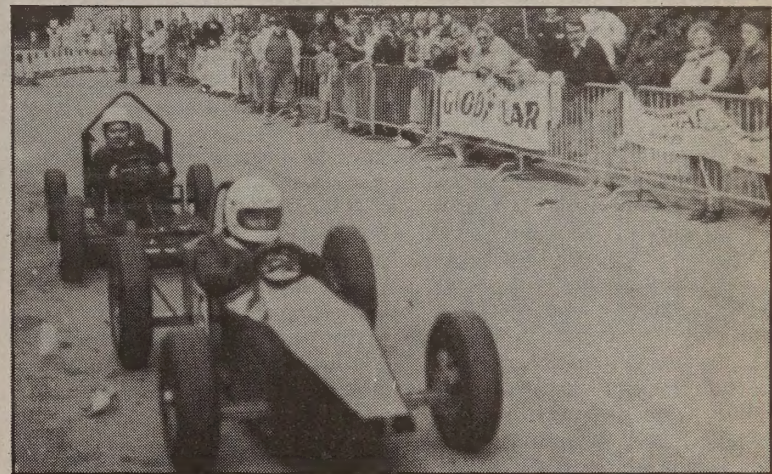
No news, yet, on how much money was raised.

Like motor racing, soap box racing is divided into Formulas, with Formula 1 cars weighing in at a hefty 7½ hundredweight. This year's Formula 1 winner was the car *Revolution* driven by Paul Stone from Derbyshire.

There is also a Novelty Class. This year's entrants included a thatched cottage and a ghetto blaster (sponsored by Northampton Radio).

Leslie Crowther presented prizes and also took a spin down the course himself.

David Warrington



Revolution, the Formula 1 winner, streaks downhill.

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An old gallery with some new ideas

Chris Davies reports

Whitechapel Art Gallery in London, described as "Britain's most significant launching pad for new talent", was re-opened last month after extensive alterations.

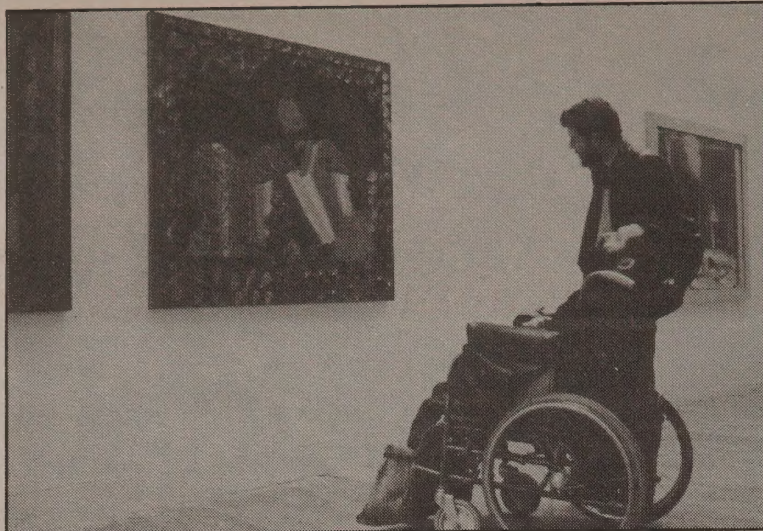
Before the alterations, the entrance had difficult access and the only room available to people in wheelchairs was the main gallery.

Now, thanks to the brief given to chief architect Richard Brearly, the building is completely accessible for disabled people. The entrance is ramped and the foyer, bookshop, lecture theatre and main gallery are all on the ground floor.

Besides the new bookshop and lecture theatre (which has an induction loop for hearing impaired people) there is also a new lift towards the back of the main gallery which makes the rest of the building accessible.

On the first floor, there are new rooms for meetings and audio-visual displays, and a new cafe. All present no problems for wheelchair users.

On the second floor, there is an original gallery, a new, small gallery and an education room for teachers and their visiting



Chris Davies gets a chance to look at a painting at his own level for a change. Helper Dave Slater looks on.

groups. The day of my visit the education room was inaccessible, but I was told the flight of steps was to be ramped.

A toilet for disabled people is on the top, office floor.

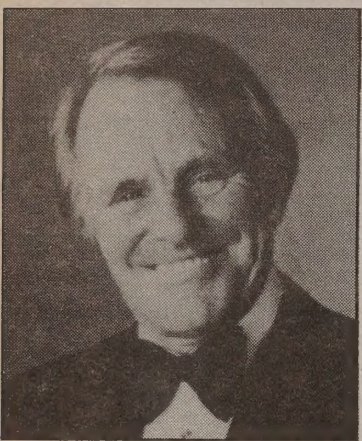
Of course, like most things, the gallery is not perfect. It is difficult to see what is on the top shelf in the bookshop, and the counter is too high. In the lift, the controls are the right height,

but if the wheelchair user goes without a helper, who is going to operate the heavy lift doors?

Nevertheless, the gallery and the architects are to be congratulated for the extremely pleasant and practical environment they have created.

For any disabled people interested in contemporary art, Whitechapel now provides an easy and civilised way to see it.

Dickie Henderson



Dickie Henderson, comedian, entertainer, and a vice president of The Stars Organisation for Spastics, died last month aged 62. He was a member of SOS very early in its history, and was chairman from 1970 to 1972. An appreciation will appear in the November issue.

Lollipop lady leads the way

The case of Mrs Jacqueline Drake of Worsley, Manchester, the lollipop lady who had to give up her job to care for a severely disabled elderly mother, has moved a step further.

Mrs Drake is challenging the DHSS ruling that only single men or women are eligible for the Invalid Care Allowance (£21.50 a week). Her case has now been referred to the European Court of Justice in Luxembourg and is due to be heard in January.

Meanwhile the court asked the European Commission to look into the case.

Last month the Commission came out in favour of Mrs Drake.

It argues that the Government's rule contravenes an EEC directive which says that there should be no discrimination against women in the social security system. In other words, Mrs Drake is a victim of discrimination.

Will the Government amend its legislation? According to the DHSS, it is waiting for the court's decision.

The cost of paying Invalid Care Allowance to 96,500 married women has been estimated at £108 million a year.

Community care needs cash injections

A new injection of Government resources and a clearer definition of the roles of the health services and local authorities is needed if community care is to be effectively provided for elderly and disabled people, says a new report.

Strategies for Community Care, produced by the Association of County Councils, says that local authorities need £500 million a year to provide a comprehensive service for mentally handicapped people transferred from long-stay hospitals.

But joint finance between the National Health Service and local government provides only about £20 million each year.

It is not always clear, the report says, what agencies have responsibility to provide which community care services—there is confusion, duplication, gaps.

Either by legislation or other Government action, there should be a clearer definition of the responsibilities of the NHS and other services on the boundaries of the social services.

The NHS should also define its own limits of responsibility for

mentally handicapped, mentally ill and elderly people. The key role of personal social services to provide a core of services within the community should also be recognised.

The report proposes a 10 year regional development fund, financed at first by central government, with enough money to establish new local authority services.

After 10 years, the fund would be incorporated into local authority expenditure totals and distributed through the block grant.

John Tizard, The Spastics Society's principal research and development officer, thinks the report is "exceedingly good".

"It's saying that local authorities are more than willing to play their part in community care, but the Government has to make the money available for them to do it," he says.

"The Spastics Society clearly supports care in the community policy for people with physical and mental disabilities, and we support the thrust of the document."

Government seeks opinions on sick pay proposals

The DHSS has been canvassing the opinions of various organisations on its proposals to simplify the rules and procedures relating to Statutory Sick Pay. This is part of the new "reductions in burdens on employers" strategy.

The Spastics Society believes that the options on offer do not significantly reduce the "burden" on employers but could have very serious effects on sick or disabled employees who have to have registered 28 weeks of incapacity for work in order to qualify for Invalidity Benefit.

"The proposed changes which will provide minimal or, in many cases, nil gains to employers, cannot be countenanced when compared with the potential significant losses and hardship which may be suffered by sick or disabled employees", said the director, John Cox.

Design awards hatch "friendly" innovations for disabled people

Second prize in this year's Design and Industries Association Trust Melchett Memorial Award went to the designer of an incubator for premature babies.

The award is to encourage designs which are of social benefit, fulfil a basic human need and are economical to produce.

Yvonne Cummerson, 23, wanted to design an incubator that would not only incorporate the medical functions and technology of conventional incubators, but would look good as well.

With existing incubators, machinery seems to be all round the baby and they often look alarming. In Yvonne Cummerson's design, the shape is softer and rounder. It is a cheerful white and yellow, and the baby is prominent beneath the rounded acrylic hood.

"It looks friendlier and more approachable to the parent," Yvonne Cummerson said. "I wanted a design rather like the robot R2D2 from *Star Wars* who looks, and is, advanced and sophisticated, but at the same time is friendly and approachable."

Apart from the psychological effect of the design, its shape means it can be approached easily from every side. There is more storage space and it is easier to observe and attend to the baby. The separate control unit is connected to the incubator using a suction cup so it can be positioned wherever is most convenient.

It was an article in *Design* magazine on user-friendly medicine which gave Yvonne the idea for the project—part of her degree work in product design at Newcastle Polytechnic.

She got help and advice from staff at Middlesbrough Maternity Hospital and from a leading manufacturer of incubators.

Now she is at The Royal College of Art doing a post-graduate course in product design. She is carrying on the project, this time concentrating on ease of manufacture and producing a really

basic and inexpensive incubator which could be afforded by poorer countries.

Sohaila Heidarian from London was also at The Design Centre on 17 September. She received a commendation for her design for a Blissymbolic display board. It has interchangeable symbol cards and can be used by children and adults with severe speech difficulties or who may only be able to communicate by eye movement.

Although similar boards are used for teaching and communicating, Sohaila Heidarian discovered that the boards are not commercially available. People have to get their own boards made up and also laboriously draw out the many symbols used with the board.

Her board is light and portable—another feature not usually



Designer Yvonne Cummerson with her incubator.

found with conventional boards—and it is designed to clamp to any surface (such as a wheelchair).

The board has been tried out successfully at The Cheyne Walk Centre for Spastic Children.

Plans are underway for the Blissymbolic display board to go into production.

The incubator has yet to find a manufacturer. Any offers?

These designs are on display until mid-November in The Design Centre's new Innovation Centre at 28 Haymarket, London SW1Y 4SU. Tel: 01-839 8000

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- ★ Variable in height—can also be used as a changing table.

For a demonstration or further information send to:—
Arjo Hospital Equipment Ltd,
SPD Building, Acre Road, Reading RG2 0SU.
Telephone: (0734) 866789.

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